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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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‘A Big Family’

How a local nonprofit has grown to open its arms to Native youth, one day at a time

By Kimberly Wear

Health & Wellness ISSUE

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Photo by Simona Carini

On the Cover
A scene from the short film, *Chími Nu' Aráriihkanheesh, The Healing Journey*.
Photo by Kimora Van Pelt

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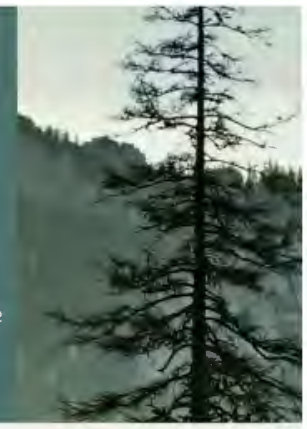

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'So Good'

Editor:

Being a man of my word, I began packing early the morning after the election ("Top 10 Stories of 2024," Dec. 26). Sixteen-year-old car, now with sleeping bag and tent, a bag of clothes and some food. Next stop, British Columbia; good-bye Humboldt and the U.S.A.

Walking down a Vancouver street this December, I slipped on the ice and fell, knocking my cranium against a cold hard cement curb. When I awoke, some considerable time later, the nurse looked surprised and said, "I'm glad to see you are smiling!"

I have been smiling ever since, as the blow rearranged some cerebral connections. Now I'm a believer in 2025, and that makes one smile. It was time to drive back to Humboldt.

Within days of the inauguration, the wars will finally be ended. Most relieving is the pronouncement from our Leader that climate change is simply a hoax; I had been quite concerned about fires and floods and high speed winds. Women may have relinquished control of their own bodies, but they still have the vote!

Also there will be no more worry about pandemics. No more vaccinations and masking; they were annoying and inconvenient. We will go for herd immunity, sacrificing the weak and sick and elderly, but thinning the herd is good for the species overall, much like trimming a rose plant.

Millions of felons will be rounded up and sent "away." Much better than having to jail them here. And tax cuts galore, with 90 percent of the benefits going to corporations and the financially elite oligarch class, just like eight years ago. Never mind that our national budget will be further devastated.

And, of course, please do occupy Mars. Maybe even stay there.

So, clearly, it is all going to be so good. Just watch the weeks unfold and the smiles spread.

Robert Fornes, McKinleyville

'Bright'

Editor:

Polls suggest that a much larger share of voters ages 18 to 30 supported Trump in the recent election than when Biden won. Additionally, more than half found the shooting of insurance CEO Brian Thompson in the back acceptable. Piano playing cats were more important than national security. I'd say this is the definition of mindful and demure, and the future looks bright.

John Dillon, Eureka

'We Are Lemmings'

Editor:

History tells us that the vast majority of humans follow whoever leads them without thinking, much less rebelling (Mailbox, Jan. 9). Genocide in Germany for instance, written about by Hannah Arendt, shows that not only did the average German not object, but also most Jews did not rebel on their way to the camps. Today, we see another instance in Gaza.

The Palestinians knew that they were being used as human shields by Hamas, yet they did nothing. Then when the war began why didn't they ask the U.N. for a "Dunkirk" type evacuation so the belligerents could work it out. Let's face it: We are lemmings. We see it here, too, in the recent presidential election. We all know the winner is a convict and inveterate liar who cares about no one but himself.

Listen to Hannah; "The ideal subject of totalitarian rule is not the convinced Nazi or the convinced Communist, but people for whom the distinction between fact and fiction (i.e., the reality of experience) and the distinction between true and false (i.e., the standards of thought) no longer exist." (Hanna Arendt, *The Origins of Totalitarianism*.)

We may complain, but why keep stepping over the cliff? If you want change, find a good leader and whip up majority support for them to carry out your agenda. The challenge for a future generation is to produce that leader and, most importantly, organize around them and march before it is too late for humankind. Just a thought.

Dennis Whitcomb, Blue Lake

'Nature Doesn't Invade'

Editor:

While I appreciate the care Kimberly Wear took to represent both sides of the "conflict" between the spotted owl and the barred owl, the article failed to recognize human actions as the source of the trophic cascade in the ecosystem ("Combating the Barred Owl Invasion," Oct. 10).

Nature doesn't invade. This is a human construct based on human behavior. Nature adapts and, currently, the main thing nature is adapting to are the consequences of disturbances caused by human activities such as logging old growth forests and spraying of herbicides to eradicate "invasive" plant species, which has a detrimental impact on egg and owlet viability.

The spotted owl depends on the habitat provided within an old growth forest. If we truly cared about the spotted owl,

Renewal Begins

Haphazard wind lurches through old-growth forest.
Green canopy churns. Broadside trunks groan.
Duff flies upriver like weightless condor feathers.

Soggy soil slips grasp of tendril fingers underground.
Twisted roots, black as grizzly claws, rend and rupture,
disconnecting life force from its center.

Totem topples, limbs crack rapid-fire,
crescendo in a landslide
roar that reverberates through the watershed.

Spine recoils off understory of huckleberries,
redwood bark explodes in a rain of spongy fiber,
backstrap shreds into spikes, as sharp as any porcupine's.

Thousand-ton trunk gains speed downhill,
slams through a dam of debris in the stream,
spraying a nimbus high as humpback spume.

Salmon-flesh heartwood lies exposed,
tattooed with faint, charcoal chin stripes,
as delicate as capillaries.

—Mary Lentz

we wouldn't have logged the old growth forest of the Pacific Northwest. Without the forest, there will be no spotted owls, regardless of how many barred owls are killed.

We cannot yet understand the complex adaptations that ecosystems are making, and should move with respect and caution as animal and plant populations migrate and change. There are many more factors at play in the spotted owls endangerment than the presence of barred owls, and ecosystems, as living, intelligent systems with many mechanisms of feedback for survival, are adapting.

Given all of this, the killing of hundreds of thousands of owls is cruel, short-sighted and misguided. If we want to send a message to future generations, let's address why barred owls are moving west, and why spotted owls are losing suitable habitat, and make choices to benefit all beings.

Constance Lynn, Boulder, Utah

'Unsustainable'

Editor:

The discussion of the policing problems at the Bear River Reservation outline poor leadership from the tribe and its administration, and the failure of our politicians in Sacramento to actually solve problems ("The Battle Over Bear River," Jan. 9). It also ignored Balkanization, the process of dividing areas into multiple smaller units with the inherent increasing complexity.

The simple fact is there isn't enough money at the local, state or federal level to allow every reservation, rancheria or housing development to hire, support and supervise a police department. Nor is there enough money for all the services that cities and counties provide to their citizens by taxing them.

The money problem is exacerbated by the maddingly complex desire to classify Americans into "Native" and "non-Native" for the purposes of policing. Do you detain and wait for the appropriate racial law enforcement to respond or arrest and charge within your department? That requires another expense of a prosecuting office with investigators and lawyers. Another expense that cannot be afforded by government.

The logical solution is for all Americans to be treated the same under the federal

Continued on next page »

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and state system we have under our Constitution. The Bear River Reservation is policed by the Humboldt County Sheriff's Office and the Indian housing in Fortuna is policed by the Fortuna Police Department.

California was in dire financial condition *before* the disastrous fires in Los Angeles and the $36 trillion national debt is unsustainable. Activists cannot expect to continue demanding spending for dreamlike projects. There's *no* money.

Dennis Scales, Fortuna

'Propaganda'

Editor:

Thadeus Greenson chose propaganda over accurate information in his attempt to explain the background for the (silly) class action lawsuit ("Group Brings Class Action Suit Against Huffman," Dec. 26).

Space limitations will not allow me to address the U.N. Commission's allegations as well as the ICC "investigation" which are not what they seem, but I will address the absurd 45,000 number.

Figures from the Gaza Ministry of Health and the Government Media Office — both Hamas-run institutions — have provided a focus for global horror, providing metrics that have been relied on almost universally by international media and NGOs, reporting them as verified facts without any disclaimers that a party to the conflict provided them. Nor have they acknowledged the near impossibility of providing precise real-time fatality counts under wartime conditions.

I refer Greeson and readers to the following organizations as examples demonstrating proof of the falsity of these claims.

"Questionable Counting: Analysing the Death Toll from the Hamas-Run Ministry of Health in Gaza" by the Henry Jackson Society finds "distortion of statistics, misreporting of natural deaths, deaths from before the war started and a high likelihood of combatant deaths being included on the list."

"How Hamas Manipulates Gaza Fatality Numbers" by The Washington Institute for Nearest Policy also notes the general pattern of statistics showing an improbably low proportion of deaths among males. Hamas's Gaza Health Ministry "is particularly active in pushing the narrative that a large majority of deaths are women and children." None of the analysis presented diminishes the scale of the human tragedy in Gaza since Hamas sparked the war with Israel in October of 2023. However, Hamas endangers the lives of the people of Gaza by embedding itself in civilian areas and then purposely fails to distinguish between civilians and combatants as it seeks to obscure its military losses and magnify civilian deaths. Its use of these human shields presents an advantage on the battlefield and to manipulate public opinion.

Readers will find further details in these reports.

Nan Abrams, Eureka

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Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday. ●

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Shelter Cove to Host Wellness Weekend, Hoping to Boost Tourism

By Kelby McIntosh
kelby@northcoastjournal.com

Nestled along the Lost Coast, Shelter Cove is gearing up for its first-ever Wellness Weekend from Jan. 24 through Jan. 26. Organized by the nonprofit Visit Shelter Cove, the event is designed to draw visitors to the remote town during the tourism off-season with activities promised to rejuvenate the mind, body and spirit, while showcasing the area's natural beauty.

"Wellness Weekend is about more than just attracting visitors; it's about supporting our local businesses and helping Shelter Cove thrive year-round," said Amy Lundstrom, vice president of Visit Shelter Cove and a partner in Arts at Heart, an artists collective. "The winter months can be tough for many businesses here, but events like this give us a chance to share what makes Shelter Cove so unique."

Many locals and business owners say Shelter Cove's "solitude and quiet" and "natural assets" — including its panoramic views of the Pacific Ocean framed by rocky, forest-topped cliffs — make it an ideal destination for a wellness-themed event. The hope is that a host of wellness activities and offerings, as well as some package deals, will draw tourists to the coastal town, which sits 22 miles — or a 45-minute drive — southwest of Redway.

Wellness Weekend attendees can participate in yoga and meditation, eat locally sourced meals at participating restaurants, explore the coastline through guided walks, attend mindfulness workshops and other wellness activities. The weekend offers meal and lodging packages at different price points, like an all-inclusive $660 two-night stay at a hotel or VRBO with meals and all activities included, or a two-night camping package that includes meals and activities for $460. There's also a $175 package that includes access to all classes, walks and activities, and a $210 food package that's good for two breakfasts, two lunches and three dinners at participating restaurants.

But organizers hope Shelter Cove itself will prove the primary attraction.

"In a world that's so fast-paced, Shelter Cove offers people a chance to disconnect, be in nature and reconnect with themselves," said Lundstrom.

The lighthouse at Shelter Cove.
File photo

Amy Ogle, who owns Mario's Marina Bar (and has been a *Journal* contributor), said she's hopeful Wellness Weekend could help transform Shelter Cove into a wellness travel destination, which would help the town's economy.

Since 2022, Shelter Cove's population of about 800 has dropped to 486 residents. With such a small population and minimal industry, the town's economy is heavily reliant on tourism, which peaks in the summer and dwindles in wintertime, when the weather can be inhospitable.

According to the U.S. Census, about 15 percent of Shelter Cove residents live below the federal poverty line ($15,060 in annual earnings for an individual or $31,200 for a family of four) and the median household income is $46,066, half that of the state.

Simy Rajan, the president of Visit Shelter Cove and owner of Oceanview Hot Tubs, said the slow winter months are a drag on the economy.

"Restaurants close, staff are laid off and businesses struggle to stay afloat," said Rajan. "This event is about keeping our community running year-round."

Lundstrom said the event started with a brainstorming session, with Visit Shelter Cove, business owners and residents pitching ideas of what could be done to break that winter lull. The possibility of a wellness-themed event was brought up by a handful of people, she said.

Rajan said the group discussed other ideas for drumming up business in the winter, including music and food festivals, but settled on a wellness-themed weekend because Shelter Cove already had wellness practitioners and businesses with a wellness focus.

Rebeckah Thompson, a local yoga instructor and Visit Shelter Cover board member, spearheaded the effort and laid the groundwork for Wellness Weekend

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before passing off planning duties to Rajan.

Amanda Belarmino, an associate professor of hospitality at the University of Nevada and an expert in event planning, said events like this can revolutionize a rural town.

"Seasonal tourism is a major challenge for small communities" she said. "Bringing in people during the off-season requires careful planning, from marketing the event to ensuring businesses can accommodate the influx of visitors."

Wellness, Belarmino said, could prove a good fit for Shelter Cove.

"Wellness tourism's rising popularity is a positive sign for the town, [because] wellness is a growing trend internationally," she said.

According to Global Wellness Institute, a nonprofit dedicated to promoting global wellness, wellness trips accounted for 7.8 percent of all tourism in 2022 and 18.7 percent of all tourism expenditures worldwide, with U.S. travelers accounting for 39 percent of that spending.

But tapping into that and bringing tourists into an out-of-the-way destination during the off-season requires careful planning, from marketing the event to making sure businesses are ready to accommodate an influx of visitors, Belarmino said.

"The goal is to bring people in, get feedback and build on that for future years," Belarmino said. "Transparency is also key — communicate clearly what's available during the off-season so visitors know what to expect."

According to the Visit Shelter Cove website, there are eight hotels and 10 vacation rentals participating in the event — that's roughly 140 rooms to house guests for the weekend.

"Nearly every local business is participating, from hotels and vacation rentals to restaurants and artists," Rajan said. "It's a true team effort."

Belarmino said a lot of places in Idaho have started doing seasonal events to bring in more tourism. She also highlighted Stowe, Vermont, saying its Winter Carnival — which brings in a host of professional ice carvers for a variety of demonstrations and a competition — is a great example of how communities can capitalize on off-season tourism. But she again stressed that planning is key.

"Marketing should be the primary focus," she said.

To market Wellness Weekend, Rajan says he's been doing "guerrilla style" marketing campaign, utilizing social media platforms to spread the event's flyer. He said the strategy focuses on high volume posting and tagging media outlets to build engagement and awareness.

"Instagram tagging the flyer to all the visitors bureau organizations, like the Southern Humboldt Visitors Bureau and etc.," said Rajan. "We sent messages to all six media outlets in Humboldt County, and I'm also planning to do a direct e-mail campaign to travel magazines, too."

Rajan also mentioned trying to market to areas outside of Humboldt County,

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like the Bay Area, but said those plans were still in the works as of Jan. 8, 16 days before the weekend was to start. The press release sent to Humboldt media, meanwhile, went out about a month prior to the event.

Belarmino said success often takes time, cautioning that not everything will go perfectly the first year. But for many businesses participating in Wellness Weekend, the stakes are high, and they see this as an opportunity to bring something good to Shelter Cove.

"This isn't just about filling hotel rooms. It's about raising awareness of Shelter Cove as a destination, especially in the Bay Area and beyond," Rajan said. "If people come for the event, they'll see how special this place is and hopefully they'll return."

Lundstrom is optimistic about the momentum behind the effort.

"This is the first time we've come together as a community to create something like this. This is only the beginning," she said.

As the countdown to Wellness Weekend continues, the community is optimistic about the possibility this could establish Shelter Cove as a wellness travel destination, boosting the town's economy. Rajan is excited about the organizing group's progress.

"We're proud of what we've accomplished so far, and we can't wait to welcome people to experience the magic of Shelter Cove," he said.

●

Kelby McIntosh is a California Local News Fellow placed with the Redwoods Listening Post (RLP). The California Local News Fellowship is a state-funded initiative to support and strengthen local news reporting. Kelby's reporting comes courtesy of a partnership between RLP, North Coast Journal Inc., and Access Humboldt. For more on the California Local News Fellowship, visit fellowships.journalism.berkeley.edu/cafellows.

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Supes Talk Healthcare Forum, Pellet Plant Draft EIR

The Humboldt County Board of Supervisors got a preview Jan. 14 of the findings of Fourth District Supervisor Natalie Arroyo's listening tour on healthcare provider recruitment and retention, which will be the focus of a community forum later this month.

Arroyo, who said she undertook the effort because healthcare delivery is a top constituent concern and something she's passionate about personally, said she's spoken to nearly four dozen healthcare professionals, from doctors, nurse practitioners and physicians' assistants to local CEOs, administrators and experts. The findings of her research will help inform the panel discussion and forum she is hosting Jan. 27 in Eureka with eight subject matter experts.

Walking the board through a slide presentation summarizing what she learned, Arroyo said the picture she emerged with of the challenges facing local healthcare delivery is complex. Arroyo said she spoke to some new providers and others who have been here for a long time.

"The level of conviction was very high for everyone," she said, quickly noting she'd also heard a lot of different and sometimes conflicting things that people "felt very strongly were the truth."

Arroyo started with an overview of national healthcare challenges, noting that Humboldt is "in better shape" than a lot of rural communities, and actually "enjoyed a very unique medical provider abundance for many years." But challenges are pervasive, and more loom on the horizon.

There's a provider shortage nationally, Arroyo said, noting that some argue the nation needs 85,000 more physicians than it currently has, while nurse practitioners and physicians' assistants are in similarly high demand. And, Arroyo warned, the problem seems poised to get worse, noting that more than 40 percent of the nation's doctors are 55 or older, while downward trends in college enrollment suggest there isn't a robust new generation of physicians-to-be to replace those retiring out.

In addition to the reality of an already short-staffed and aging provider base, Arroyo said a number of "recent changes" have prompted early retirements, including the COVID-19 pandemic, the shift to electronic medical records systems, heavy patient loads and the closure of small practices.

Additionally, Arroyo detailed what she heard local providers describe as "morale killers," including that the aforementioned shift in records management sees many providers spend less time with patients and more with their records. Additionally, she said she heard that patients increasingly have a "noticeably shorter fuse," often venting their frustrations with insurance companies and the larger healthcare system at their providers. She also noted that a number of people commented that institutional leadership can "make or break morale," while also noting a feeling in the medical community that people's negative talk about Humboldt online — "the overall low self-esteem of Humboldt County" — has an outsized impact on provider recruitment.

A key challenge locally, Arroyo said, is the housing market, which has been and remains tight on all levels. She noted that many physicians report entering the workforce with $500,000 or more in debt, saying this means many are not looking for large, high-end homes but middle-of-the-road rentals, which are hard to find. Many providers moving to the area, she said, end up staying in hotels for a long time, months or even years, prompting some local medical institutions to buy apartments and homes as housing options for their providers.

Other challenges that are potentially unique to Humboldt, Arroyo said, is that new providers report it can take some time to "develop a sense of community and find your scene" here. Additionally, she said providers are increasingly demographically diverse and wanting to connect with affinity or cultural groups, which sometimes do not exist. She said she also heard repeatedly that young providers new to the area would like to see more opportunities to socially network with other young professionals.

Arroyo also noted that she heard that simply practicing medicine in Humboldt County comes with some unique challenges, noting there's a "large high-need population," with the county's high rates of poverty, substance use disorder and mental health diagnoses.

"If people are put off by seeing poor people in the community, they probably won't do well practicing here," Arroyo said, adding that poverty in the local community is "very visible."

Recruitment efforts vary between clinics and hospitals, Arroyo said, but many focus on bringing prospective providers here with their families to visit, "not hiding difficult aspects but showcasing strengths." She said some offer bonuses and incentives for doctors, physicians' assistants and dentists while others have tried to get traveling providers to agree to longer-term arrangements by offering scheduling flexibility. She said residency programs have proven successful at getting younger providers to come to the area, with an increasing number staying.

To retain employees, institutions are trying a variety of things, she said, from bonuses for employees who stay 15 years or longer to providing child care, housing and other support.

Looking forward, Arroyo said Cal Poly Humboldt and College of the Redwoods are collaborating on some things in the realms of healthcare workforce development and medical business support that will be announced soon. She also suggested some would like to see the board look at ways to change zoning and land-use designations to allow medical services by right, saying there's a shortage of clinic space, and streamline production of new housing. Additionally, she said, viewing a robust healthcare provider network as a "form of economic development" and investing in transportation systems, especially air travel, are things the county could do to help, while also looking "upstream" and focusing on crisis care and safety net services.

When the matter came back to the board, all members thanked Arroyo for her time and work on the issue. Fifth District Supervisor Mike Wilson also noted the increased administrative burden that's been put on providers, saying it contributes to both the retirements and consolidation seen locally.

"Doctors used to be able to much more easily hang their own shingle and have that independent, small business lifestyle," he said. "That's not really a thing anymore."

The forum will be held from 6 to 8 p.m. Jan. 27 at the Eureka Veterans Memorial Building. In-person seating will be limited and those wanting to attend must register online at tinyurl.com/humco2025. But the event will also be streamed live at YouTube.com/AccessHumboldt, with a recording available afterward.

In other matters, the board voted unanimously to send a letter weighing in on the draft environmental impact report for a controversial biomass energy project being pushed forward by a subsidiary of the Rural County Representatives of California (RCRC), of which Humboldt County is a member.

Created by RCRC in 2019, Golden State Natural Resources is proposing to build large-scale facilities in Tuolumne and Lassen counties that would manufacture a combined 1 million metric tons of wood pellets annually to be shipped overseas to be burned in biomass power plants. The project has been hailed as a way to foster economic development in rural communities while clearing accumulated fuel loads from California forests, thereby mitigating fire risks. But environmentalists have raised a host of concerns, including that the scope of the project may lead to active logging and deforestation, and that fossil fuel emissions from shipping wood products to the pellet facilities, then the pellets overseas to be burned, would exacerbate the climate crisis.

Fifth District Supervisor Steve Madrone wrote the draft comment letter on behalf of the board, charging that the project's draft EIR overstates its forest resiliency benefits and underestimates its greenhouse gas impacts while questioning its impacts on air quality and communities neighboring the pellet faculties and the Port of Stockton. The letter specifically asks GSNR to strengthen its environmental analysis, improve mitigation measures, expand proposed alternatives and work to address community impacts in its final environmental impact analysis.

First District Supervisor Rex Bohn, who has been a vocal proponent of the project and served on GSNR's board until this month in his capacity as the county's representative to RCRC, opened discussion of the letter by saying that while he could "wordsmith this to heck," he would be voting in favor of sending it. Bohn encouraged his fellow supervisors to reach out to their counterparts in Tuolumne and Lassen counties to get their input on the project and let them know "we're going to come in and try to whack the heck out of this ... and in all honesty, try to stop it." Bohn then noted he hoped officials from other counties wouldn't come to Humboldt and "ask these questions" about offshore wind development or the fish farm proposed for the Samoa Peninsula.

Later in board discussion, Arroyo noted the project plans to pull wood from throughout the state to use as feed stock and will impact more than two dozen counties, noting "it is very robust."

Wilson said he, too, could nitpick some of the language in the letter but he agreed with the basic recommendations, as did Second District Supervisor Michelle Bushnell. Public comment on the matter was universally in support of the letter.

The deadline to submit comments for the project is Jan. 20. For more information, visit goldenstatenaturalresources.com/deir.

—Thadeus Greenson

POSTED 01.14.25

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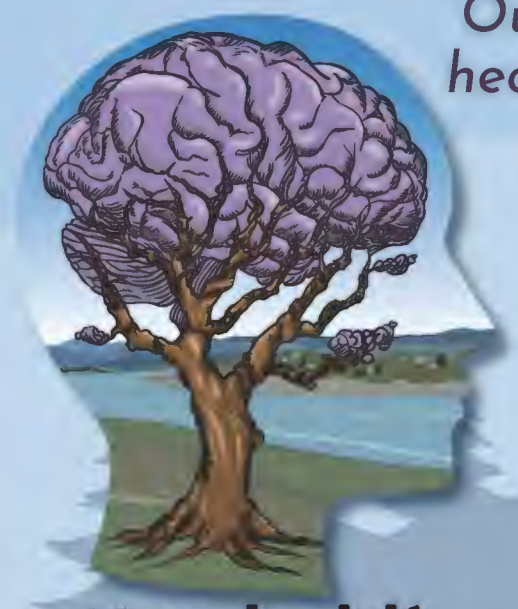

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Two Feathers' youth share their stories during the film *Chími Nu' Aráriihkanheesh, The Healing Journey*.
Photo by Ben Bettenhausen

'A Big Family'

How a local nonprofit has grown to open its arms to Native youth, one day at a time

By Kimberly Wear
kim@northcoastjournal.com

Trinity Mace was at a crossroads a few years back when she was first introduced to a counselor with Two Feathers Native American Family Services at her school in Hoopa.

Facing an unstable family situation and struggling with social anxiety and substance use, Mace says becoming involved in the nonprofit's programs proved to be a turning point in her young life, providing her with a sense of stability and a safety net of dependable people she could trust.

"I feel like everyone at Two Feathers makes you feel comfortable," Mace says. "I feel like you can go to them for anything."

Now a senior at Captain John High School with her sights on a career in counseling, herself, Mace credits that counselor's unwavering support and consistency with enabling her to open up about what she was going through at a time when she really didn't trust anyone.

"That," she says, "was the start of it all for me."

This past year, Mace was one of several Native youths featured in the short film *Chími Nu' Aráriihkanheesh: The Healing Journey — Chími Nu' Aráriihkanheesh* means "in this way we heal together" in Karuk — talking about her challenges and how her involvement with Two Feathers has helped her stay sober and change the course of her life.

"It was cool to get my story out there and potentially help other youth or even adults who hear my story, and hopefully make an impact on their lives and what they are going through," Mace says.

Started in the late 1990s by the Bear River, Blue Lake and Big Lagoon rancherias to provide violence prevention and crisis services for tribal communities, Two Rivers has evolved to focus on mental health and wellness care for Native youth and their families across the region, regardless of tribal membership or affiliation.

Chartered as a nonprofit under the Big Lagoon Rancheria in 2002, Two Feathers has grown exponentially in size and scope in the last six years, now boasting more than 40 staff members working with hundreds of children, teenagers and young adults in a wide-range of culturally based programs, all with a mission of empowering "Native American youth and their families to achieve their full potential."

One of the many things that sets Two Feathers apart, says Executive Director Virgil Moorehead Jr., is how its staff approaches that goal, with a priority placed on helping people who walk through their doors form healthy connections with positive role models, their culture, their community and each other.

"We're taking kids in our car and going to the beach or taking them to get food, so we build those relationships. And then we'll get to the mental health," Moorehead says. "So we've tried to put in place a system in front where fun, relationships, positivity and good energy comes first. Then, the deeper work comes after that."

In addition to therapy, family reunification services, substance-use treatment and school-based counseling in partnerships with more than a dozen districts at campuses from Hoopa to Fortuna, Two Feathers' unique approach takes many forms. Those include classes in ceremony protocol and traditional practices, like

Continued on page 15 »

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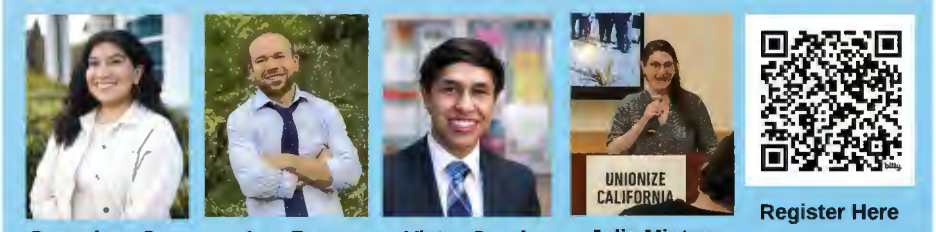

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Continued from page 13

regalia making and gathering, as well as leadership and mentorship programs, camps, talking circles and community-wide activities like sports tournaments and dinners. But all the nonprofit's diverse programs share the aim of helping Native youth forge positive pathways in their lives and changing the way they see themselves.

"A lot of our youth, they've experienced an understanding of the world that the adults in their lives aren't safe. That they can't trust. That they can't open up," says Youth Leadership Program Director Amy Mathieson. "So the work we do is to build up their sense of healthy attachments again."

Mathieson says it takes unconditional commitment to break through those barriers but one of the things she consistently hears from those participating in Two Feathers' programs "is they do feel like they are part of a family."

"When youth come here, they feel like they are loved, they're cared for, they are accepted where they are, and they are at home with us and they are safe," she says.

That, Mathieson says, sets the stage for helping them realize all of the amazing things they are capable of achieving, with the ultimate goal of building a solid foundation of resilience, life-skills and self-confidence to prepare them for success in the future.

"Short-term interventions don't work. They just don't work," she says. "We need years sometimes with our kids. So we really have a long-term commitment to the youth in our community and I think that's also what's different with us, we are going to wrap up these kids for years. And then we are excited when they're ready to take on that next opportunity and go get that next job, go to college or go to a trade school and we're seeing some real success with our kids being able to achieve those things. But it takes a lot of time and a lot of resources and you have to be patient."

That means hard, challenging work and dedication, she says, noting "it takes time to really build up our youth's resilience and their skills to give them these tools."

"We are fighting against a lot of years of disadvantage, a lot of years of hardship and sad experiences and real trauma," Mathieson says. "To bolster up our youth, it takes real intentionality, it takes time and it takes perseverance."

The vast majority — 60 to 70 percent — of Two Feathers' annual operating budget of $5 million, comes from grants, according to Moorehead, followed by contributions from foundations. Reimbursements from MediCal make up around 10 percent of the total.

It's no secret that Humboldt County has some of the highest rates in the state of what are known as Adverse Childhood Experiences, or ACEs, which range from neglect and abuse to living in an unstable household due to divorce, violence, substance abuse, incarceration or someone who suffers from mental illness, resulting in toxic stress levels with potentially lifelong implications.

> ***"So we've tried to put in place a system in front where fun, relationships, positivity and good energy comes first. Then, the deeper work comes after that."***
>
> — *Virgil Moorehead Jr.*

The more ACEs a person experiences growing up, research shows, the higher their chances for depression, adverse education and employment outcomes, and risky behaviors such as smoking and drug or alcohol abuse that can lead to poor health results later in life.

Those numbers are often more acute in tribal communities, compounded by intergenerational trauma inflicted by the government-sanctioned attempted genocide of Native peoples and the atrocities suffered by generations of Native children — some as young as 4 — who were forcibly removed from their families to attend Indian boarding schools in a concerted effort to strip them of their cultural identities.

While all children are at risk of experiencing ACEs, according to the Centers for Disease Control, the agency notes that numerous studies show inequities "linked to the historical, social and economic environments in which some families live" can play a major role, with Indigenous individuals among those experiencing the highest ACEs scores.

In a 2024 report on addressing ACEs in tribal communities, the National Indian Health Board cites the need for a holistic approach — like those employed by Two Feathers — that includes "cultural practices and community support," noting

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that by "prioritizing well-being, identity and community involvement — especially with Elders — effective interventions can mitigate ACEs' impacts."

Five years ago, Two Feathers became the first tribal entity certified by the county's Department of Health and Human Services as a mental health provider for Medi-Cal eligible children in the region, with DHHS Director Connie Beck noting at the time that certification is a "long and difficult process" and both agencies worked "together on this for quite a while."

DHHS Behavioral Health Director Emi Botzler-Rodgers said in an email to the *Journal* that "behavioral health services are most beneficial when provided with cultural humility and cultural sensitivity," and "attending to culture and cultural practices relevant to each person's experience and needs are what lead to best outcomes."

"Two Feathers has been successful in engaging with local tribal communities due to their ability to render culturally relevant services," Botzler-Rodgers says, adding that DHHS allows Native clients to choose the nonprofit's services. "Having Two Feathers as part of our network helps us to ensure that clinically appropriate and culturally relevant services are able to be offered. Additionally, Two Feathers has been an excellent partner in responding to the community, in schools and in Tribal communities, when there is a crisis or other need."

> ***"I just think there is a need. I feel like a lot of the kids I'm honored to work with need an extra layer of support, some stability. They need an auntie in their life."***
>
> *— Yvonne Guido*

Yurok Tribe CEO Taralyn Ipiña had similar words.

"Two Feathers is an incredibly important resource for our community. We strongly support the tribally led organization's highly effective, culturally centered approach to helping people restore balance in their lives," Ipiña says in an email to the *Journal*. "This work benefits everyone."

Moorehead notes with pride how Two Feathers has been able to assemble one of the most extensive mental health teams in the county, growing from a single therapist at its inception almost three decades ago to nearly 25 mental health clinicians, in addition to a network of counselors and mentors.

Describing the staff as Two Feathers' "secret ingredient," Moorehead says

Two Feathers' staff and youth leaders gather in a circle.
Submitted

bringing together the right people is integral to the work they do with some of the community's most vulnerable children, noting the nonprofit actively seeks to hire individuals "who are easy to get along with ... have good energy and are committed to this cause."

One of the reasons Two Feathers has been so successful in recruitment, Mathieson adds, is the staff "aren't stuck in an office seeing client after client coming through the door."

"They're able to be out in the community with the people they are working with and I think people find that very valuable and meaningful personally, and it's fulfilling in their work and that's what brings people to Two Feathers," she says. "It brings the kind of people who are passionate about investing in their community and lifting up Native people in the community. That's the kind of people we recruit and that's the kind of people who walk in our door."

Youth Development Specialist Yvonne Guido agrees, saying she knew Two Feathers was the right place for her the moment they said she was being hired to be an "auntie."

"That just sold me," says Guildo, who previously worked as a counselor at juvenile hall, noting she understands the challenges many of the young people she works with face, having undergone her own journey of recovery and healing.

"I've been clean for 17 years and through that journey of finding out who I am and who I want to be, I've realized that my purpose in this world is to support young people, and so this is the perfect job for me," she says. "It fulfills my purpose. It gives me a reason to wake up every morning."

Her work at Two Feathers, she adds, gives her the opportunity to be "the person I needed when I was their age."

"I'm right where I belong," she says.

Guido's part of a network of mentors working with small teams of the 50 teens — generally high school juniors and seniors — employed each year through the Two Feathers' Youth Ambassador Program, which focuses on "building up the next generation of Native community leaders through one-on-one support, cultural engagement, work experience and community service."

That can include everything from helping organize community events to teaching "littles" about cultural practices like acorn processing and traditional games at the Two Feathers ACORN program, offering them a chance to serve as role models for the next generation.

Mace, who's part of Guido's ambassador group, says she's really enjoyed running into some of the children she's worked with in the past, noting how they "come up and give me hugs and still remember me."

"I definitely have a big leadership role and I appreciate it," she says.

In addition to leadership development workshops, cultural classes and opportunities to earn certifications in

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everything from first aid to food safety, youth ambassadors also share their personal stories and experiences with Two Feathers as panelists at state and national conferences, and through projects like *The Healing Journey* film.

Another member of Guido's cohort, Jasmin O'Neill, who, like Mace, appeared in the documentary and was also introduced to Two Feathers as a student at Captain John, says she was drawn in by the staff's persistence and consistency in offering her support and all the activities that they provide.

"When I think about Two Feathers, I think of a big family that is very open-minded and very big on mental health," she says. "I think being part of Two Feathers has made a difference. It's given me something to put my mind around when things in my life didn't make sense."

Guido's pride is evident in her voice when she talks about how far so many of the youth ambassadors she's worked with have come in their young lives, saying it takes "a lot of courage to get up in front of community and peers and to share their stories," noting the stigma that still exists around substance use issues.

"I just think there is a need," she says. "I feel like a lot of the kids I'm honored to work with need an extra layer of support, some stability. They need an auntie in their life. They need somebody that is stable, that will answer the phone at all hours. ... This isn't a job for me. This is my community. I love all of these young people."

The Youth Ambassador Program, Moorehead says, is another example of Two Feathers' vision to always seek out new and innovative ways to best serve their community and form connections by "just constantly trying to find how to engage kids and how to positively impact kids."

"We're saying youth employment is mental health intervention, not just one-on-one counseling," Moorehead says. "So that's always been in our philosophy: rethinking mental health care, rethinking how you do this work."

"They want a job, so we are meeting kids where they are at," Moorehead says. "And then trying to get to that deeper stuff."

And if they stumble and fall along the way, Two Feathers staff is there to help

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them pick themselves up and brush themselves off and, perhaps most importantly, let them know that there will always be someone who has their back.

"I think that's the difference with us," Mathieson says. "Yes, it's a job, but if a kid shows up for work high, which is not the ideal situation but it does happen, we are able to have a conversation with our kids, support them, 'How do we do harm reduction here? How do we support you in smoking less weed, not showing up to work high, being able to get you to school?'" she continues. "Those kinds of conversations are really important, instead of just being, 'You're out of here. You're smoking weed.' That's not our model. That's not what we do. That's not what our kids need either."

Mathieson says she's also had kids just drop out and say, "'I don't want to work with you anymore.'"

> ***"When youth come here, they feel like they are loved, they're cared for, they are accepted where they are, and they are at home with us and they are safe."***
>
> *— Amy Mathieson*

"But I won't give up," she says. "I keep calling and then I'll just show up at their house and say, 'I'm not giving up on you,' and then they'll re-engage because they see that we won't give up on them, because they see that I'm someone who cares about them and then that relationship reestablishes and they are able to continue on in the program."

While speaking at conferences might be one of the most challenging aspects for the youth ambassadors, Mathieson says it's also one of the most empowering, allowing them "to see themselves in a new light and accomplishing things that they might not have ever imagined themselves accomplishing."

"To me, that's what is so powerful," she says. "It bolsters their sense of identity, their sense of purpose, their sense of

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A group of Two Feathers' youth ambassadors and staff sets off for a conference from the Arcata/Eureka airport. *Submitted.*

self-efficacy: 'I can do things that I set my mind to. I can set goals and I can accomplish goals.' For a lot of these kids, they didn't have that understanding that they had that ability before ... and also how they are able to transform and impact people around them."

As Two Feathers looks to expand its services and reach in coming years — a plan that includes providing transitional-age housing for Native youth — it is also looking inward. The nonprofit recently received a grant from the University of California at Los Angeles to work on its evaluation method and will be highlighted as one of nine nonprofits working with youth doing youth-led programs.

"I know we are doing amazing work. I know we are transforming lives. I know that our youth are experiencing growth and new opportunities that they've never had before, but we want to be able to show that through data," Mathieson says. "So I'm really excited about the opportunity to partner with UCLA and to then be a model and have a model for other Native organizations and organizations and nonprofits to work with ... and do youth leadership and employment programming that's meaningful to who they are as people.

"Our program's goal is to build up our communities, our next Native leaders, and I really truly believe we are doing that," Mathieson continues. "But we want to have a template that other programs and other organizations can take and then implement in their communities, as well."

Being inclusive has always been an important focus of Two Feathers, Moorehead says, noting that "we have a lot of Native youth who struggle with their own identities but they feel included here." And that inclusivity extends to the community, he says, pointing to the Halloween carnival and Easter egg hunt events they hold at their McKinleyville office, with more than 1,000 people joining the festivities, many from the surrounding area.

He also notes Two Feathers was recently recognized as Nonprofit of the Year by the McKinleyville Chamber of Commerce.

"I think that was a result of us partnering and having that inclusive mindset that we are trying to build a community," Moorehead says. "So it's not just impacting Native youth. Yes, we are impacting the Native youth, but we're trying to impact the environment around them, too. We are trying to model inclusivity and the positive values of what it means to be human and the positive values of who we are as Indigenous, Native people."

●

Kimberly Wear (she/her) is the Journal's *digital editor. Reach her at (707) 443-1400, extension 323, or kim@northcoastjournal.com.*

Winter Squash and Beans for the Season

By Simona Carini
onthetable@northcoastjournal.com

As we open the calendar to the January page, we may wish to pay more attention to the food we eat and how we nourish our bodies. Then, as the month goes on, our daily to-do lists get longer and such wishes are pushed aside. When life gets complicated, sometimes summoning the energy to plan and make dinner feels like an insurmountable task. That's a red flag: Self-care should never become less than a top priority.

To avoid such situations, I like to have ingredients that allow me to prepare something without too much thinking and with minimal effort. Also, I make sure I have at least one container of leftovers that can be quickly reheated. This way, I have no excuse for not sitting down to a nutritious meal. The result needs to be palatable, something to get my mood back onto positive territory via my tastebuds.

I need vegetables, lots of them. For dinner, my main meal of the day, I like to have a salad and a hot vegetable dish, which could be a soup, like Romanesco broccoli soup ("It's Cold Outside, Let's Make Soup," Dec. 2, 2021).

For summer salads, I harvest from my raised bed: now I rely on local farmers to grow various lettuces and other leafy ingredients, such as arugula, radicchio and microgreens. Additional ingredients to mix for variety are cone cabbage, sliced thin, and grated root vegetables, such as salad turnips, radishes and carrots. Seasonal fruit like kiwis or citrus help balance out the flavor profile ("Take Time for Salad," March 23, 2023).

Once you have the ingredients, assembling a salad takes little time. If one dish is as much as you can manage energy-wise, make sure to add some proteins, like a sunny-side up egg, crumbled fresh chèvre or blue cheese.

Legumes are another great source of protein and fiber. Having some cooked beans, chickpeas or lentils ready for use makes it easy to create a combination with vegetables, like any of the brassica in season and/or winter squash ("Cooking While Traveling," Oct. 21, 2021)

Here's a suggestion on pairing beans and winter squash, my interpretation of a recipe from Italy. The first version I read used black-eyed peas and I paired the popular legume with some Musquée de Provence squash. I then read other recipes that referenced white beans and tried several other types, not all of them white, including locally grown canario beans from Earthly Edibles and Hutterite beans from Rain Frog Farm and navy beans. I also tried white tepary beans (a traditional bean I brought back from Arizona, grown for centuries by the O'odham people in the Sonoran Desert) and a pale yellow Italian variety called *zolfino*. Of course, you can (and should) experiment further.

The fresh ginger, a perfect complement to winter squash, is my addition. In terms of squash, besides the Musquée de Provence, I have used locally grown Speckled Hound and honeynut squash, a relatively new variety of winter squash ("Add Another Squash to the Table," Dec. 22, 2023).

Each type of bean and winter squash combination creates a slightly different dish. Plan for leftovers by doubling the recipe — when your energy is low, your appreciation of leftovers will be high. And remember: Never, ever skip nourishing yourself.

Winter Squash and Beans

Canario, Hutterite, navy beans and black-eyed peas are all good choices for this recipe. For a vegan version, substitute the butter with 1 tablespoon extra-virgin olive oil. Serves 2-3 as a side dish.

For the beans:

½ cup dried beans (see above)
2 cups water
½ small onion, halved
1 small bay leaf
1 small clove of garlic, peeled and sliced
A couple of parsley stems
⅛ teaspoon fine sea salt

For the squash:

1 pound winter squash (such as Speckled Hound, honeynut, Musquée de Provence), clean weight

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Version with honeynut squash and navy beans.
Photo by Simona Carini

1 tablespoon extra-virgin olive oil
1 tablespoon unsalted butter (or extra-virgin olive oil)
4 ounces red onion, finely chopped
1 tablespoon grated fresh ginger
1 garlic clove, minced
Half of the cooked beans (see below)
1 teaspoon fine sea salt
1 tablespoon finely chopped fresh parsley

Rinse the beans then place them in a small saucepan with the water, the onion, bay leaf, garlic, parsley and sea salt. Cover and bring to a lively boil for 4-5 minutes. Turn down the heat and let the beans simmer, covered, until they are tender. (Their size and dryness will affect the time needed.) Check the beans at regular intervals. If necessary, add some hot water to ensure there is enough liquid to cover the beans.

Let the beans cool in their broth, then remove the added ingredients and discard them. Keep the beans in their broth until ready to use.

Drain the beans, reserving their broth and setting aside half of each for the recipe. (Store the remainder of the beans back in the remaining broth and refrigerate for use within the next few days, or freeze for longer storage.)

Using a sturdy swivel vegetable peeler, peel the squash and remove the seeds (a grapefruit spoon works well). Depending on the type of squash (for example, with the Speckled Hound), you may need to halve it first, then deseed and peel it. If you are using a honeynut squash, it is easier to peel it first, then cut and deseed it.

Weigh out a pound of the squash and cut it into bite-sized pieces, cubes no larger than ½ inch.

In a 10-inch sauté pan, warm the olive oil and butter (if using) over medium heat. Add the onion, stir well, then reduce the heat to low. After 1 minute, add the grated ginger and stir well. Cover the pan and cook over low heat for 8 minutes, until the onion is soft, stirring often and making sure the pan does not become dry. (Add a tablespoon of the bean broth, if necessary, to keep the onion moist.)

Add the garlic to the pan and stir well. After 1 minute, turn up the heat to medium, add the cut squash and stir well. Add 2 tablespoons of the bean broth and stir well. Cover, lower the heat and cook until the squash is just tender (12-15 minutes, or as needed), stirring every now and then.

Drain the beans, leaving them in a tablespoon or so of broth (use leftover broth in a soup or stew). Add to the squash and stir well. Cover and cook for 5 minutes.

Sprinkle in the sea salt and stir. Remove the pan from heat, sprinkle the parsley over the vegetables and stir well. Serve immediately. ●

Simona Carini (she/her) also writes about her adventures in the kitchen on her blog pulcetta.com and shares photographs on Instagram @simonacarini. She particularly likes to create still lives with produce from the farmers market.

Don't Worry, Be Walking

By Simona Carini
getout@northcoastjournal.com

Puffy clouds over Clam Beach. *Photo by Simona Carini*

Have you ever had a day when everything you touch ends up broken, materially or metaphorically? Your favorite mug slips from your grasp and shatters on the floor. You open the dishwasher at the end of its cycle and find a moving piece detached. Someone misunderstands a word you say and a pleasant conversation turns tense. At some point, you feel surrounded by rubble and want to break the negative spell. When that happens to me, I go for a walk.

Walking by itself does not repair a broken mug, nor does it solve any of the problems I may be facing. However, as I walk, usually briskly, my heart rate increases, my breathing deepens, my blood flow improves and my senses focus on something different: the smell of wet forest soil, the breeze on my face, the splashing of waves washing ashore. The change of sensory scenery helps me release tension and clear my mind, prelude to getting a perspective on what happened.

Always grateful for having several destination options at my disposal in moments of need, the last time I found myself in an "I want to scream" situation, I chose a walk on the beach; the cocoon of a forest wouldn't do. I needed an open space, a wide expanse around me into which I could empty the cacophony of thoughts crowding out any sense of balance and serenity. I put on my hiking boots and drove to Clam Beach. The tide was ebbing, and the low tide would be negative. (Safety first: I check the tide charts before walking on a beach.)

My usual walk (approx. 6.2 miles long) goes from the North Lot parking northward to Little River, which runs as a boundary between Little River Beach and Moonstone Beach, then southward to Strawberry Creek and back to the starting point. If I don't have enough time, I turn around earlier. The important thing is to leave all burdensome thoughts behind and dive into the walk.

I like to lose myself in the vast expanse of sand modeled by ocean and wind. In that vastness, under the infinite dome of the sky, broken things shrink to a size smaller than that of a sand dollar held in the palm of my hand.

When walking, I make every effort to avoid rumination. Having thoughts (usually negative) on repeat makes it difficult to stay in the present moment and, simply put, is not helpful. My preferred way to sidetrack rumination is walking with a friend. I may spend some time venting about the latest water leak or a piece of writing resisting completion, but then I switch to listening to their news and finally we move on to relaxing and engaging topics, like what's in season at the farmers market, or on the menu for dinner, or what fun events are upcoming on the calendar.

When I am by myself, I listen to the ocean playing the daily version of its song and try to steer my thoughts in a constructive direction. I look around me with intention and use my smartphone camera to capture the views that move me: a special play of the light on water and sand, the sky marbled with puffy clouds, or its reflection on the shallow pools left behind by retreating waves.

Sometimes those negative inner voices just don't keep quiet. When that happens, I drown them into the soothing narration of an audiobook. Libby, the mobile app that allows you to listen to (or read) books from your local library on your smartphone, is a precious ally.

As I leave footprints on the sand, the inner load gets lighter — even just a little is a good outcome. Of course, the things that need fixing at the beginning of the walk still need attention at the end, but from a place of inner balance, I will be better equipped to handle them. I walk past the rubble into the rest of my day. ●

Simona Carini (she/her) shares photographs of her outdoor explorations (and of food) on Instagram @simonacarini.

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VENUE	THURS 1/16	FRI 1/17	SAT 1/18	SUN 1/19	M-T-W 1/20-22
ARCATA PLAYHOUSE 1251 Ninth St., Eureka (707) 822-1575					[W] Jamie Baum Quartet (jazz) 8 p.m. $15-$20
ARCATA THEATRE LOUNGE 1036 G St., Arcata (707) 822-1220					[T] Dogs in a Pile (funk, jazz, rock) 8 p.m. $26
ARCATA VETERANS HALL 1425 J St., Eureka (707) 822-1552	Open Mic Comedy 7 p.m. Free				
THE BASEMENT 780 Seventh St., Arcata (707) 845-2309	RLAD (jazz fusion) 9 p.m. Free	B Swizlo's Mystery Lounge (jazz, funk, hip hop) 9 p.m. $10	Young & Lovely (jazz) 9 p.m. $5		
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta (707) 733-9644		Thirsty Bear: Ultima Elexion (Latin night) 9 p.m. Free	Thirsty Bear: DJ Statik (club nights) 9 p.m. Free	Thirsty Bear: Karaoke Sundays 9 p.m. Free	
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake (707) 668-9770	Sapphire: Greensky Bluegrass 7:30 p.m. $40, Wave: Jerry Garcia Tribute with Magnificent Sanctuary Band 9 p.m. Free	Wave: Triple Junction (rock n roll) 8 p.m. Free	Wave: Buddy Reed and th' Rip it Ups (blues rock) 9 p.m. Free		[M] Treat Yourself Entertainment Karaoke 8-11 p.m. Free
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville (707) 839-2013		Treat Yourself Entertainment Karaoke 9 p.m.-1 a.m. Free			[M] Pool Tournament 6 p.m.
CRISP LOUNGE 2029 Broadway, Eureka, (707) 798-1934	Up In Joke! Comedy Open Mic 8 p.m.			Open Mic Night 6:30 p.m.	[M] Pete's Projecting Again! (comedy/variety) 7-9 p.m. $5, [T] Pool Tournament 6 p.m. $10, [W] Kara-Smokey! 7 p.m. Free
DOUBLE D STEAK & SEAFOOD 320 Main St., Fortuna (707) 725-3700	Karaoke 6-9 p.m. Free				
GYPPO ALE MILL 1661 Upper Pacific Dr., Shelter Cove (707) 986-7700		Yard Duties (covers) 6-8 p.m. Free			
THE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad (707) 677-3611			UFC 311 (mixed martial arts) 7 p.m.		[T] Karaoke 8 p.m. Free
HISTORIC EAGLE HOUSE 139 Second St., Eureka (707) 444-3344			Duchess Burlesque 6-9 p.m. $20-$50		[W] Line Dancing in the Ballroom 6-8 p.m. $10

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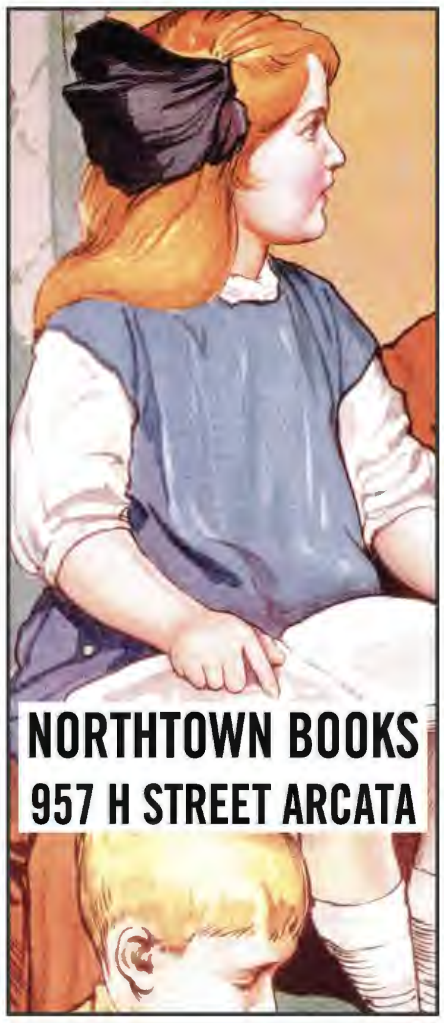
HUMBOLDT BREWS 856 10th St., Arcata (707) 826-2739	Reel Genius Trivia Night 6:30 p.m.	Pete Sawyer & The Left Handed Monkey Wrench Gang (Grateful Dead music) 8:30 p.m. $20	Pete Sawyer & The Left Handed Monkey Wrench Gang (Grateful Dead music) 8:30 p.m. $20		
KAPTAIN'S QUARTERS 517 F St., Eureka (7070 798-1273		No Big Deal 8-11 p.m. Free	Tristan Norton Jazz Trio 8-11 p.m. Free		[W] Open Mic Night hosted by Trip 6:30-10 p.m. Free
THE LOGGER BAR 510 Railroad Ave., Blue Lake (707) 668-5000	Kaptain Kirk's Kosmic Koncoction 8-11 p.m. Free	Jazz Bros 4-6 p.m., Hispanic! At The Disco 9-11 p.m.	The Vatcher Brothers (alt. rock) 9-11 p.m.		[T] Trivia 6-8 p.m. Free, [W] Jazz Bros 4-6 p.m., Treat Yourself Entertainment Karaoke 8-11 p.m. Free
MAD RIVER BREWING CO. & TAP ROOM 101 Taylor Way, Blue Lake (707) 668-4151	Reel Genius Trivia 6-8 p.m. Free				
MINIPLEX 401 I St., Arcata (707) 630-5000	G.O.A.T Karaoke 8:30 p.m. two-drink minimum	Burn Canyon, Famous in Russia, Mambo Green! 9 p.m. sliding scale	DJ Diablinsky: Basshall & Latin Tech Night 10 p.m. $5	G.O.A.T Karaoke 8:30 p.m. two-drink minimum	
OCEAN GROVE COCKTAIL LOUNGE 480 Patrick's Point Dr., Trinidad (707) 677-3543					[M] Rudelion DanceHall Mondayz (reggae, dancehall, soca) 8 p.m. $5
PAPA WHEELIES PUB 1584 Reasor Rd., McKinleyville, (707) 630-5084			Live Music 6-9 p.m.		
REDWOOD CURTAIN BREWERY MYRTLE AVE. TASTING ROOM, 1595 Myrtle Ave., Eureka, (707) 269-7143	Live Music Thursdays 6-9 p.m. Free				[M] Trivia Night 6-9 p.m. Free, [T] Live Music Tuesdays 6-9 p.m. Free
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka (707) 845-8864	The Quickie (speed dating) 8-10 p.m. $5, Cowboys: A comedy from the sketch group Business Casual 9-11 p.m. $10	X (comedy) 7 p.m., Heckler's Paradise 9 p.m. $5, The Latest Show 10:30 p.m. $5	Ladies Night Out - All Male Comedy Review 9 p.m. $5, Braturday Night Live10:45 p.m. $5, The Last Laugh 10:30 p.m.	Open Mic 9 p.m. $5	[T] Broken Heart's Club Care-E-Okie 9 p.m. $5
SIREN'S SONG TAVERN 325 Second St., Eureka (707) 442-8778	Open Mic Night 7:30 p.m. Free			Sunday Funday (board games provided or bring your own) Free	[T] Siren's Sessions - Open Format Jam, 8 p.m. Free
SIX RIVERS BREWERY 1300 Central Ave., McKinleyville (707) 839-7580	Trivia 6-8 p.m. Free				
SPEAKEASY 411 Opera Alley, Eureka (707) 444-2244	The Jimmie Lahman Band 7-10 p.m. Free	Friday Night Jazz w/The Opera Alley Cats 8-10 p.m. Free	Jenni and David and the Sweet Soul Band (soul, funk) 7-10 p.m. Free		[T] Tuesday Night Jazz w/The Opera Alley Cats 7-10 p.m. Free
THE SUMMITT 1507 G St., rooftop, Arcata (707) 613-0732	Cinema Club 6-9 p.m.	Unrivaled League Kickoff Celebration & Watch Party (3x3 women's basketball) 6-8 p.m., The Summitt Queer Mixer & RuPaul's Drag Race Watch Party 8-10 p.m.	Silent Disco, Immersive Digital Art & DJ'd Projections 8-10 p.m.	To The Bones (A Gothic Lounge) Featuring: DJ Datura Prime & Dastabunny 6-9 p.m. $5-$10 sliding scale at door; Free for members of the Summitt	
TRINIDAD TOWN HALL 409 Trinity St.		RLAD in Fabulous Fusion (funk, Latin, world beat) 7-9 p.m. $10-$20 sliding scale			
VISTA DEL MAR 91 Commercial St., Eureka (707) 443-3770	Treat Yourself Entertainment Karaoke 9 p.m.-midnight Free				



Dry January Mocktails

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Adobe Stock

Whether you're taking a break after the holidays or "dry curious," many are forgoing alcohol for Dry January. But as you look at 2025 so far, you may be thinking you've made a huge mistake.

You're not alone facing our hellscape without even the thinnest veil of numbing booze between you and reality's horrors. Plenty of us are out here experiencing every awful revelation in high definition, unblurred by, say, a room-temperature juice glass of Old Grandad. And then another with a beer back.

Let's toast to our resolve with fun mocktails tailored to the very things that make us salivate over children's cold medicine and wine-a-ritas.

Al Colada

Ingredients:
3 ounces coconut cream
14 fingers pineapple juice
11 fingers coconut water
Crushed ice
Outer layer of 1 fresh pineapple
Pineapple leaves of 1 fresh pineapple

Too many fingers? Ha, that's artificial intelligence for you! Toss it all in the blender. Did you not want the indigestible exterior or sharp leaves in there? Of course not. You didn't ask for this and it makes no goddamn sense, but it's not about your needs and desires, it's about what the tech bros have developed and will deploy despite zero demand. Chew well.

Moscow Tool

Ingredients:
3 ounces ginger beer
1 slice lime
Ice

Here's one for the Cold War kids who can't believe the U.S. president-elect is far enough up Vladimir Putin's ass to see the Kremlin. Fill a copper mug with ice and add lime. Pour ginger beer over ice and drink. When only ice remains, eat all of it as quickly as possible, crunching the cubes until your skull erupts into a paralyzing brain freeze that will grant you three minutes reprieve from thinking about Ukraine's future.

Misoprostol Spritz

Ingredients:
1 bottle Misoprostol or Misoprostol with Mifepristone
4 ounces ginger ale
1 orange slice

Pour ginger ale into a wine glass and add orange slice. Keep the bottle of medication sealed and squirreled away in a cool, dry place until you or someone you know needs an abortion, because given the speed at which the right is ripping away our bodily autonomy, it might not be legally obtainable in this country for long, despite being on the World Health Organization's List of Essential Medicines. Enjoy the citrusy ginger ale!

Susan Collins

Ingredients:
3 ounces unsweetened lemonade
Juice of 4 lemons
½ whole lemon to garnish
Ice

In a tall glass filled with ice, stir all ingredients and tell yourself it won't be sour. Drink. Act surprised it's sour. The sourness will surely fade; you'll get used to it. Don't admit it's sour or put it down to drink something else. Smile and normalize the sourness. If you need to, use your fingers to pull your lips over your teeth in a rictus as if you are enjoying it, because you just have to give it a chance.

Polio Reviver

Ingredients:
3 ounces unpasteurized apple cider
1 ounce water collected from a pothole
1 feather plucked from roadkill, unwashed
1 chilled syringe polio vaccine

Pour ingredients into a tumbler and swirl with feather. Tap the bubbles out of the syringe and jab it into the meat of your thigh. Enjoy that extra boost of polio immunity before our roadkill-eating, anti-vax incoming secretary of the Department of Health and Human Services Robert F. Kennedy Jr. and whatever brain worms control his choices like the rat in *Ratatouille* take the wheel. Dump the drink; that shit'll give you dysentery.

Oligarch Fashioned

Ingredients:
3 ounces black tea, chilled
1 twist orange peel
½ ounce maple syrup
Cinnamon stick
Black thread
Pins (optional)

Stir tea and syrup over ice and drain into a tumbler. Light a match and run it under the orange peel until fragrant, then drop peel into the tumbler. Take a length of thread and wind it around the cinnamon stick while concentrating on the hateful, self-serving, transphobic, racist P.O.S. billionaires like Elon Musk who have bought influence over U.S. policies that will place the rest of us in peril. Keep winding while repeating: "I bind you, douchebag." We're doing witchcraft now.

Northern Irish Coffee

Ingredients:
8 ounces flammable liquid such as gasoline, kerosene or high-proof alcohol
2 sugar cubes
6 ounces strong, hot coffee
1 ounce freshly whipped cream

Drop sugar cubes into a glass mug and pour in hot coffee. Stir, then float the whipped cream on top. Set aside.

Pour the flammable liquid into a medium glass bottle, leaving room at the top. Plug the bottle with a rag soaked in the same liquid.

Drink the coffee. Hang onto the bottle. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. *Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill and on Bluesky @jfumikocahill.bsky.social.*

Fat Cats, Bigga Fish

By Collin Yeo
music@northcoastjournal.com

Valis of Blackplate, which plays Redwood Retro at 7 p.m. on Saturday, Jan. 18. *Photo by Emily Price, courtesy of the artist*

I've been hearing a lot about the idea that our current situation is the fault of the American voters, some even suggesting, in this paper and elsewhere, that the public can't be trusted with the task of participating in a democracy. Given that this week covers the inauguration and return of a very divisive president, I think it's worth addressing something often overlooked in this line of thinking: No matter your opinions and criticisms of democracy, we don't actually live in one of those. Our political system is essentially an unrefined, centuries-old version of British parliament, where, thanks to the electoral college, a handful of senators represent vast areas of land — not people — like a modern House of Lords. We are tethered to something invented by men who basically lived medieval lives: Traveling by horseback, writing by candlelight, unaware of the germ theory of disease, evolutionary biology, and the wonder of cartoons, movies and the music of Miles Davis.

G.K. Chesterton wrote, "Tradition means giving votes to the most obscure of classes: our ancestors. It is the democracy of the dead," and he meant it in a positive way. But that's really the core of the conservative project: Rule by aristocratic ghosts and vampires overseeing decaying institutions that are increasingly lethal to the living. This causes desperation, desperation breeds fascism and our delusions of representation are a byproduct of both.

We are living through the full realization of a feudal system where electoral influence is purchased in key states, and small, reactionary populations have outsized power. You cannot blame the voters for this. By the time of Reagan, you had a senile figurehead whose ship was helmed by players made up of cutthroat political operatives, religious zealots, and "deep state" military and intelligence types whose entire project was the domination of American capital interests over the well-being of most of the planet's people. FDR's legacy of protecting American capitalism from itself by creating a state invested in its own citizens had to be dismantled, and without Cold War communism as a political counterpoint, that machine has turned inward to eat itself. Every president since Reagan has been a servant of that consumption and largely ineffectual as individual leaders. The special interests that control the system are various factions of wealth accumulators and are unaffiliated

Continued on next page »

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with the interests of the general American population, beyond the extent to which they can use us as servants of extraction. There are no boundaries to this project, nor is there anything precious or taboo that cannot be exploited, mined and destroyed in the process. We are blood bags, slaves to deluded pharaohs who have confused several lifetimes of accumulated wealth with immortality. This is a death cycle that, ever increasing, will destroy everything we recognize as life unless we collectively reject it.

So, in a sense, the inauguration of 45 into 47 should be among the least of your concerns. Get to know your neighbors and find a way to bond. Our only hope is to vote by abstention from the system as a cooperative body politic, with the sole interest of the dignity of universal humanity as our goal. Culture war and identity grievances must be put aside in favor of unseating the sickening class corrosion that has fully become the structure of our Republic.

Have a nice week.

Thursday

Greensky Bluegrass is a quintet from Kalamazoo, Michigan who have, for the last quarter century, been building a large following through constant touring and high-profile appearances on the festival and jam band circuit. As the name suggests, the group uses a bluegrass format from which it deviates into the light show theatrics and noodling passages more familiar to fans of Phish and the Grateful Dead. Tonight at 7:30 p.m. at the Blue Lake Casino, you can dabble in this world of precision pickin' and jamberoo-ing for $50, $40 if you get your tickets in advance. To drive the jam band point home, local Dead celebration act **The Magnificent Sanctuary Band** will be playing the afterparty in the Wave Lounge starting around 9 p.m.

Friday

The Basement is the place to be tonight for a sultry ride on the jazz train from downtown to the up-tempo neighborhood with stops all along Funk Street. **Swizlo's Mystery Lounge** is the name of this joint, which will be helmed by the eponymous key-master from Object Heavy and beyond. Also on tap will be some special members of our own Humboldt Hip Hop community, including one of my favorite doods, the talented Mr. **Flo J. Simpson** himself. It's at 8:30 p.m. ($10).

Saturday

The Arcata vintage shop Redwood Retro is an interesting up and coming venue, filling a much-needed spot on the scene with an emphasis on the DIY, casual nature of a town whose offbeat charm and mushy beauty seems on the verge of evaporating in the face of high rents, poor management and lowering imaginations. The best things in life are free, or at least very close to it, and tonight's show at 7 p.m. is a prime example. $3 (and NOTAFLOF as well) is the dictum of the door, for the opportunity to hear some fine and loud electric stringed sounds and beating drums courtesy of the mighty **Black Plate, The Breakfast Collection** and **Monkey Business**. This one's all-ages, too, which is just right.

Sunday

If you missed yesterday's performance at the Calvary Lutheran Church in Eureka, fear not, you need only head over to the Arcata Lutheran Church to enjoy a 3 p.m. matinee performance of chamber music courtesy of the **Borromeo String Quartet**. Expect a casual atmosphere for this gig, as the music of Finland's national composer Jean Sibelius will be punctuated by opportunities for open-air chit chat between the players and the listeners, which sounds just lovely for a Sunday afternoon in midwinter ($20, $5 students).

Monday

Donald Trump is getting sworn in as president on MLK Day. Take in that information however you will.

Tuesday

Asbury Park, New Jersey, is considered a working class, garage rock mecca, despite over a half a century of time passing since The E Street Band and all of its satellite musicians and bands formed into concrete reality and moved on up into the land of rock 'n' roll mythology. However, the town still seems to be minting new musicians, including rising jam band **Dogs In A Pile**, who will be gracing the stage at the Arcata Theatre Lounge at 8 p.m. Tickets are going for $25, which suggests that the group has an audience but has plenty of room for a few more folks.

Wednesday

Tonight is the first of a two-night residency at the Arcata Playhouse for the Jamie Baum Quartet. Headed by the namesake flautist, this is modern jazz played about as good as it gets, as the CVs of each member is a who's who of the big players out there making and defining the genre in the post-Miles era. 8 p.m. ($20, $15 students and seniors). ●

Collin Yeo (he/him) supports choosing your words carefully in this era of widespread illiterate violence.

Calendar Jan. 16 – 23, 2025

Photo by Brittany App

Talk about defying gravity — **The Peking Acrobats** are flipping, tumbling and chair-stacking their way into a show that would make even Elphaba jealous. Catch them **Tuesday, Jan. 21**, at **7 p.m.**, when they return to the **Van Duzer Theatre** ($22.50-$40). For more than 32 years, this world-class troupe has wowed audiences with its impossible feats, from trick-cycling and somersaulting to mind-bending contortions that redefine what the human body can do. If you're ready to be wowed, this is the show for you.

Adobe Stock

Join Fortuna Rotary for its fourth annual **Taste Around the World**, happening **Saturday, Jan. 18**, from **5:30** to **8 p.m.** at **Fortuna Veterans Hall/Memorial Building** ($60, $100 for two). This fundraising feast features authentic dishes and beverages from nine different countries, offering attendees an international dining adventure. Guests can also participate in a Dutch raffle and 50/50 drawing with all proceeds supporting the Backpacks for Kids program. Tickets are available through Greens Pharmacy or Rotary members.

Borromeo String Quartet. Submitted

The Eureka Chamber Music Series presents the renowned **Borromeo String Quartet**, ensemble-in-residence at the New England Conservatory, in two special performances. The **Mainstage Concert** on **Saturday, Jan. 18**, at **7:30 p.m.** at **Calvary Lutheran Church** features Mozart's *String Quartet No. 20*, Schubert's *Death and the Maiden* and Vijay Iyer's *Dig the Say* ($40, $10 students). On **Sunday, Jan. 19,** at **3 p.m.** at **Lutheran Church of Arcata**, enjoy an intimate **Concert & Conversation**, in which the quartet will perform music by Sibelius and offer conversation between the artists and the audience ($20, $5 students).

16 Thursday

ART

Figure Drawing at Synapsis. 7-9 p.m. Synapsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. $5. synapsisperformance.com. (707) 362-9392.

MOVIES

***Who Bombed Judi Bari* Screening w/Darryl Cherney.** 5-7 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. Inspired by the nationwide call to action, "Festivals of Resistance." Meet and organize with your neighbors who are also concerned about these issues. In Art B, room 102. HumboldtUrbanDefense@proton.me.

MUSIC

Greensky Bluegrass Winter Tour. 7:30 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Bluegrass jam band. $40. bluelakecasino.com/event/greensky-bluegrass-winter-tour.

EVENTS

Arcata State of the City. 10:30 a.m.-12:30 p.m. Arcata Playhouse, 1251 Ninth St. Presentations by Meredith Matthews, Merritt Perry and Michael E. Spagna. Light refreshments. Short Q&A follows. Register online. $15, free for chamber members. gloria@arcatachamber.com. arcatachamber.com.

Know Your Rights and Risks for Immigrants and Allies with the Civil Liberties Defense Center. 3-5 p.m. Meet and organize with your neighbors inspired by the nationwide call to action "Festivals of Resistance." HumboldtUrbanDefense@proton.me. tinyurl.com/KYRRImmigrants2025.

MEETINGS

Public Speaking Club Toastmasters International. Every other Thursday, 12-1 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Members meet to deliver and evaluate prepared and impromptu speeches to improve as speakers and leaders. Free. jandre@a1aa.org. ci.eureka.ca.gov/depts/recreation/adorni_center.asp.

SPORTS

Lost Coast Cornhole League Night. Third Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Monthly league nights are open to all ages and skill levels. Registration opens at 5 p.m. Games at 6 p.m. Different format each week. Bags are available to borrow if you do not own a set. Drinks available at the Canteen. Outside food OK. $15. mike@buffaloboards.com.

17 Friday

ART

Life Drawing Sessions. 10 a.m.-noon. Redwood Art Association Gallery, 603 F St., Eureka. Hosted by Joyce Jonté. $10, cash or Venmo.

MOVIES

Fortuna Library Movie Night. 5:30-7:30 p.m. Fortuna Library, 753 14th St. Enjoy a rated-PG movie on the library's big screen. Popcorn provided. For more information, including movie title, call the library or visit the website calendar. Free. humboldtgov.org/Calendar.aspx?EID=13316&month=1&year=2025&day=17&calType=0. (707) 725-3460.

MUSIC

RLAD in Fabulous Fusion. 7-9 p.m. Trinidad Town Hall, 409 Trinity St. A blend of funk, Latin, world beat and original music from Tim Randles, keys; Doug Marcum, guitar; Ken Lawrence, bass; and Mike LaBolle, drums. Snack and drinks available. $10-$20 sliding scale. westhavenarts@gmail.com. (707) 834-2479.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. $17-$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Weekly Preschool Story Time. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers. Other family members are welcome to join in the fun. Free. manthony@co.humboldt.ca.us. humlib.org. (707) 269-1910.

ETC

Silent Vigil. 11:30 a.m. Madaket Plaza, Foot of C Street, Eureka. Meet at foot of D Street and proceed to Congressman Jared Huffman's office at 317 Third St. Attendees are encouraged to dress in black to reflect the solemn nature of the event and are expected to commit to peaceful, nonviolent participation. humboldtpeacecomm@gmail.com. Humboldtpeacecommittee.org.

18 Saturday

ART

Meet the Makers. 6-9 p.m. Good Day Shop, 725 Eighth St., Arcata. An evening of light refreshments and socializing with more than 50 local makers. Family friendly, dog friendly. donations appreciated. gooddayhumboldt.com/events.

MUSIC

Borromeo String Quartet Mainstage Concert. 7:30-9:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Featuring music composed by Mozart, Schubert and contemporary American composer Vijay Iyer. Presented by the Eureka Chamber Music Series. $40, $10 students. admin@eurekachambermusic.org. eurekachambermusic.org. (707) 273-6975.

Ticket to Ride - A Tribute to the Beatles. 2 p.m. Trinidad Heart Center, 426 Trinity St. Family fun music event. Bring the kiddos and sing along and dance. Even the kids know the words to "Yellow Submarine." Snacks available. $10-$20 sliding, $5 kids.

THEATER

Duchess Burlesque. 6-9 p.m. The Historic Eagle House, 139 Second St., Eureka. A burlesque tribute to author H.G. Wells that blends sci-fi and steampunk. $20-$50. events@histroiceaglehouse.com. (707) 444-3344.

EVENTS

The People's March for Our Lives. 10 a.m.-3 p.m. Humboldt County Courthouse, 825 Fifth St., Eureka. Part of a national event to march to defend human rights and democracy. Free. cause4paws@yahoo.com. womensmarch.com. (707) 444-8804.

Taste Around The World. 5:30-8 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Sample food and beverages from nine different countries. Dutch raffle and 50/50 drawing. Fundraiser for Fortuna Rotary's Backpacks for Kids program. $60, two for $100.

OUTDOORS

FOAM Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Paul Wilson at 2 p.m. in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on lichens. Free. (707) 826-2359.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

SPORTS

Fortuna Recreational Volleyball. 10 a.m.-noon. Fortuna High School, 379 12th St. Ages 45 and Up. Call Dolly. In the Girls Gym. (707) 725-3709.

ETC

The Bike Library. 12-4 p.m. The Bike Library, 1286 L St., Arcata. Hands-on repair lessons and general maintanence, used bicycles and parts for sale. Donations of parts and bicycles gladly accepted. nothingtoseehere@riseup.net.

Labyrinth Walk. Third Saturday of every month, 2-5 p.m. Christ Episcopal Church, 1428 H St., Eureka. Simple instructions and printed info on labyrinth history and practices, and an art activity to creatively express your experience. Reflect on the New Year or any life experience with this meditative walk in a serene environment. Free. (707) 442-1797.

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

19 Sunday

DANCE

Afro-Fusion Feel and Flow. 11 a.m.-12:30 p.m. The Sanctuary, 1301 J St., Arcata. Explore and enjoy a fusion of West African movements from Guinea, Senegal, Liberia, Congo and Mali with the genre of Afro beats and traditional West African drumming. $10-$15. together@sanctuaryarcata.org. sanctuaryarcata.org. (707) 822-0898.

MUSIC

Borromeo String Quartet Concert & Conversation. 3-4 p.m. Lutheran Church of Arcata, 151 E. 16th St. Featuring an intimate and casual concert as well as conversation with the artists about the music and music making. Presented

Continued on next page »

Continued from previous page

by the Eureka Chamber Music Series. $20, $5 students. admin@eurekachambermusic.org. eurekachambermusic.org. (707) 273-6975.

EVENTS

"Before I Do" Wedding Show. Fortuna River Lodge, 1800 Riverwalk Drive. Vendors showcasing wedding products and services. Merchandise can be purchased on site.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

OUTDOORS

Art and Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities with monthly themes. Drop in between 1 and 4 p.m. Rain or shine. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Dune Restoration Volunteer Days. Third Sunday of every month, 10 a.m.-1 p.m. Ma-le'l Dunes North, Young Lane, Arcata. Help restore the biodiversity of the coastal dunes with the Dune Ecosystem Restoration Team. No experience necessary. Snacks and tools provided. Meet at the parking lot a few minutes before 10 a.m. dante@friendsofthedunes.org. friendsofthedunes.org/dert-days. (707) 444-1397.

Eureka Waterfront Guided Birding Trip. Third Sunday of every month, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Wth leader Ralph Bucher. This relatively urban trail offers the potential to observe species abundance and diversity. Email to sign up. Free. thebook@reninet.com. rras.org.

20 Monday

ART

Life Drawing Sessions. 6-8 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 17 listing.

FOOD

Dinner and Bingo. Third Monday of every month, 5-8 p.m. Van Duzen River Grange, 5250 State Route 36, Carlotta. Enjoy a family-friendly dinner (menu changes monthly), then test your luck with bingo. All ages. $10 dinner, $10 for 10 bingo cards. vanduzengrange@gmail.com. instagram.com/vanduzengrange. (707) 296-4161.

ETC

Homesharing Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area 1 Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@a1aa.org. a1aa.org/homesharing. (707) 442-3763.

21 Tuesday

MUSIC

Dogs in a Pile. 8-11:59 p.m. Arcata Theatre Lounge, 1036 G St. An eclectic quintet that merges funk, jazz and rock and roll with psychedelia. $26. info@arcatatheatre.com. www.facebook.com/events/388330284357600/. 707-613-3030.

THEATER

The Peking Acrobats. 7 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Chinese acrobatics, trick-cycling, tumbling, juggling, somersaulting and gymnastics with displays of contortion, flexibility and control.

EVENTS

March Against Trump. Noon. Arcata Plaza, Ninth and G streets. Meet and march with others inspired by the nationwide call to action "Festivals of Resistance." HumboldtUrbanDefense@proton.me.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. $3-$8. 31for14@gmail.com. (707) 599-4605.

Writers Group. Third Tuesday of every month, 12:30-2 p.m. Christ Episcopal Church, 1428 H St., Eureka. Writers share all types of writing and get assistance from one another. Drop-ins welcome. Not faith based. Free.

ETC

English Express: An English Language Class for Adults. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. (707) 443-5021.

22 Wednesday

DANCE

Line Dancing in the Ballroom. Fourth Wednesday of every month, 6-8 p.m. The Historic Eagle House, 139 Second St., Eureka. Grab your favorite western wear and boot, scoot and boogie across the ballroom floor. Instructor led. All skill levels welcome. All ages. $10. events@histroiceaglehouse.com. (707) 444-3344.

FOR KIDS

Magic Show with Dale Lorzo - A Family Literacy Party. 5:30-6:30 p.m. Jefferson Community Center, 1000 B St., Eureka. Th magician offers zest, sparkle and comedy for the whole family. Each child in attendance gets to choose their own free book to keep. Free. literacyhelpers@gmail.com. humlib.org. (707) 445-3655.

MEETINGS

Humboldt Health Care for All. Fourth Wednesday of every month, 5-6:30 p.m. Virtual World, Online. Humboldt Health Care for All/Physicians for a National Health Program meet by Zoom every fourth Wednesday. Email for meeting link. healthcareforallhumboldt@gmail.com.

23 Thursday

ART

CR Faculty and Staff Exhibition. College of the Redwoods Creative Arts Gallery, 7351 Tompkins Hill Road, Eureka. A public reception will take place Feb. 5, from 3 to 5 p.m. with several artists giving talks on their work.

Figure Drawing at Synapsis. 7-9 p.m. Synapsis Collective, 1675 Union St., Eureka. See Jan. 16 listing.

MUSIC

Mason Jennings. 8 p.m. Humboldt Brews, 856 10th St., Arcata. American singer-songwriter. $30. humboldtbrews.com.

EVENTS

Know Your Rights and Risks for Immigrants and Allies with the Civil Liberties Defense Center. 4 p.m. See Jan. 16 listing.

FOR KIDS

Magic Show with Dale Lorzo a Family Literacy Party. 3:30-4:30 p.m. Fortuna Library, 753 14th St. The magician offers zest, sparkle and comedy for the whole family. Each child in attendance gets to choose their own free book to keep. Free. literacyhelpers@gmail.com. humlib.org. (707) 445-3655.

Trillium TK-5 Open House. 4-6 p.m. Trillium Charter School, 1464 Spear Ave., Arcata. Fnd out more information about Trillum's homeschool, hybrid and site-based programs. info@trilliumcharter.org. trilliumcharter.weebly.com. (707) 822-4721.

MEETINGS

Creative Community Mixer. Fourth Thursday of every month, 5:30-7 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. Join for drinks and yummies, socialize and share with fellow creatives and artists to build community and mutual reliance. Free. events@historiceaglehouse.com. facebook.com/events/1015029866537194/1015032219870292. (707) 444-3344.

SPORTS

Lost Coast Cornhole League Night. Fourth Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. See Jan. 16 listing.

Heads Up ...

Humboldt Sponsors, a local nonprofit, charitable organization dedicated to raising funds for youth of Humboldt County is accepting grant applications. Application materials may be downloaded at humboldtsponsors.org. Completed application packets must be mailed to Humboldt Sponsors Grants Committee, c/o Denise Christen, P.O. Box 730, Loleta, CA 95551 by the postmark deadline Feb. 7.

***Personas*, College of the Redwoods'** literary journal with a multilingual focus, is accepting submissions of original poetry, fiction, creative nonfiction, essays and art that considers the experience of multilingualism. Writers need not be multilingual to contribute, and writings may be multilingual, bilingual or monolingual. Open to community members, CR staff, faculty and students. Deadline is midnight on March 16. Email to jonathan-maiullo@redwoods.edu with the subject line "Personas Submission" and the title of your work.

The Arcata Marsh Interpretive Center seeks weekend volunteers to stay open. Weekend shifts are 9 a.m. to 1 p.m. or 1 to 5 p.m., and include welcoming visitors, bookstore register and answering questions. You must be at least 18, complete paperwork and fingerprinting (free through Arcata Police). One-on-one training. Call (707) 826-2359 or e-mail amic@cityofarcata.org.

Become a volunteer at Hospice of Humboldt. For more information about becoming a volunteer or about services provided by Hospice of Humboldt, call (707) 267-9813 or visit hospiceofhumboldt.org.

Den of Thieves 2 Drops Loot

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

DEN OF THIEVES 2: PANTERA. Even on those evenings when the seemingly endless expanse of streaming options is without appeal, a heist movie will reliably hit the spot. Variations on the plotting, execution and fallout of an elaborate theft all please in their turn: twisty confidence games for the puzzle minded; stylish capers with tuxedos and vaults; comic fumbling after jewels (it's always a good night for the 1988 classic *A Fish Called Wanda*); intense dramas with optional noir shadows; and, of course, cops-and-robbers action. Where else is it as easy to slip into rooting for the criminals and revel in the vicarious enjoyment of doing wrong against a mark who can afford it? As the increasingly relevant cliché goes, it's the bank's money, not yours. An ensemble heist movie offers the dual work-related fantasies of joining a perfectly tuned team of people at the top of their game and of never going to work again. As the scheme unfolds, we are, to varying degrees, in on the shenanigans or duped, occasionally unaware of who the real players are until the end.

Directed by Christian Gudegast, who also shares writing credit, the original *Den of Thieves* (2018) is a sweaty, testosterone-forward actioner solidly in the cops-and-robbers heist subgenre. Gerard Butler plays menacing, perpetually hungover Big Nick O'Brien, a spiraling Los Angeles County Sheriff's Department detective whose baked ham complexion leads one to worry nearly as much about his blood pressure as his adversarial relationship with civil rights. His counterpart Ray Merriman (tattooed obelisk Pablo Schreiber) heads a crew of heavily armed and armored bank robbers (only slightly more nefarious than Nick and his deputies) planning to rob the Federal Reserve Bank. Bartender/getaway driver Donnie (O'Shea Jackson Jr.) is caught between Nick and Merriman as they circle one another and square off in mostly pointless exchanges. The finished product, awash in chest puffing, decorative strippers, bullet casings and the occasional gay joke, comes off like a remake of *Heat* (1995) commissioned by Joe Rogan. The action is well choreographed enough but it wears until the only surprise is that none of the men bleed straight Monster energy drink.

The creatine dosage is significantly turned down in the sequel, which will likely be a disappointment for fans of the original. But as over the top as the first offering was, that movie had a clear lane, while *Pantera* is all over the place in terms of tone and pacing, flailing between three or four heist genres and succeeding at none.

Den of Thieves 2: Pantera picks up with Donnie in Belgium, working with Eastern European members of the Pantera gang, suited up for a tarmac plane robbery that scores him and his operations manager Jovanna (Evin Ahmad) a pink diamond the size of a jawbreaker. Back in L.A., Nick, newly divorced and unemployed, is no longer circling but firmly in the drain. Still smarting from Donnie evading arrest/extrajudicial execution, he follows an illegally obtained lead and heads to France in Ugly American mode to pursue a hunch that Donnie is at work in Nice, where the World Diamond Center (relocated from Antwerp, presumably for beach vibes) is the gang's next target. But rather than identifying Donnie for the local police, Nick, "tired of being the hunter," threatens and cajoles his way into the gang for a piece of the action. However, while they work to wheedle their way into the WDC, they are nabbed by Italian mafia from whom, it turns out, Donnie stole the pink diamond, which they must now steal back and return.

Butler has been steadily cranking out action movies for more than two decades as a waxed Spartan, a clean-cut Secret Service agent, a soldier, an undercover operative and a disaster-evading dad, mostly without with his Scott's burr but with regular success. He can carry an underwritten part, sell fight choreography and ramp up tension so that even the throwaway movies are worth a watch while folding laundry. But one doubts anyone could bear the weight of this mess. His baffingly dumb speech about the symbiotic relationship between cops and criminals may have required the assistance of the Johnnie Walker on the table. Throughout, Butler seems to flounder between the dark and violent Nick of the first film and the man now shy about hitting a joint in a club and reveling in drunken antics and intimacies with Donnie, who's evidently the first friend he's ever made. (Though watching Butler shout, "Fuck NATO," while downing shots and wobbling away from the club on a standing electric scooter may be worth the ticket price.)

Jackson is clearly overmatched; his gangster poker face is not enough to man-

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Continued from previous page

That one roommate who refuses to shower.
Den of Thieves 2: Pantera

age the leading role, and when he goes undercover as an African diamond dealer, one gets the feeling a single viewing of *Black Panther* wasn't enough to nail the accent. Ahmad is solid in her role, as she was in the fun Netflix spy series Who is *Erin Carter*? in which she had far more room to stretch out.

The inescapable problem is the writing, the full credit for which goes to Gudegast, who seems, like too many directors, to either underestimate the difficulty of the task or overestimate the cost of hiring someone who can write. While the action sequences are exciting, even simple scenes of camaraderie and humor are thin and stilted, failing to establish character or chemistry. We don't get a sense of the individual team members and their dramatic, conspiratorial meetings could all have been emails. Likewise, the build-up to the heist lacks tension and missed opportunities to raise the stakes or help us see the enormity of the obstacles are everywhere. (Reports of the real-life Antwerp robbery that inspired the plot are more exciting, honestly.) Instead, we lurch between hard-boiled action and goofy hijinks, nihilistic obsession and moral handwringing. Like a semester abroad, *Pantera* may have changed Nick and Donnie, but it's not terribly interesting for the rest of us to hear about. R. 144M. BROADWAY, MILL CREEK. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. *Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Bluesky and Instagram @JFumikoCahill.*

NOW PLAYING

BABYGIRL. Nicole Kidman stars with Harris Dickinson in a drama about a married CEO who has an affair with an intern. R. 114M. BROADWAY.

BETTER MAN. Robbie Williams biopic with a CG simian lead. R. 134M. BROADWAY.

A COMPLETE UNKNOWN. Early Bob Dylan biopic starring Timothée Chalamet. R. 140M. BROADWAY, MILL CREEK, MINOR.

FLOW. Latvian animation about a cat that joins a boatload of animals escaping a flood. PG. 85M. MINOR.

GLADIATOR II. Bread and circuses with Paul Mescal and Connie Nielson, and Roman zaddies Denzel Washington and Pedro Pascal. R. 148M. BROADWAY.

MOANA 2. A sequel for the seafaring animated heroine. PG. 100M. BROADWAY, MILL CREEK.

MUFASA: THE LION KING. Animated prequel directed by Barry Jenkins. PG. 118M. BROADWAY (3D), MILL CREEK.

NOSFERATU. A gothic reboot with Bill Skarsgård, Willem Dafoe and Lily-Rose Depp (*clutches garlic). R. 132M. BROADWAY, MILL CREEK.

ONE OF THEM DAYS. Keke Palmer and SZA are roommates scrambling to avoid eviction in a buddy comedy. R. 119M. BROADWAY, MILL CREEK.

THE ROOM NEXT DOOR. Pedro Almodóvar's drama about a pair of women (Julianne Moore and Tilda Swinton) who reunite as one is dying. PG13. 117M. BROADWAY.

SING SING. Drama centered on incarcerated men in a theater group in prison. R. 107M. MINOR.

SONIC THE HEDGHOG 3. More live action and animated wackiness with Jim Carrey and Keanu Reeves. PG. 110M. BROADWAY, MILL CREEK.

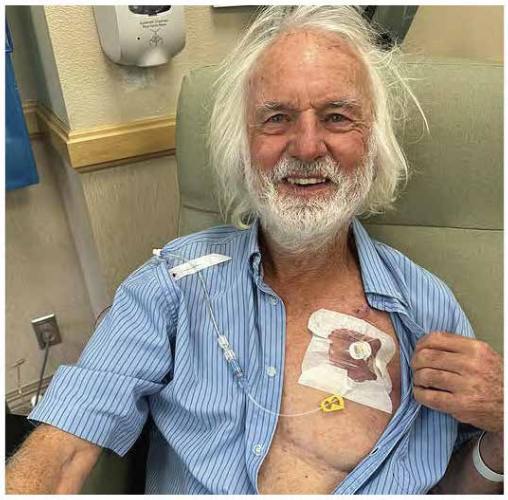
WICKED. Cynthia Erivo and Arianna Grande star as young witches in the musical Oz prequel. PG. 160M. BROADWAY, MILL CREEK.

WOLF MAN. A family being stalked by a creature hunkers down in a farmhouse. Starring Julia Garner and Christopher Abbot. R. 103M. BROADWAY, MILL CREEK.

For showtimes call: Broadway Cinema (707) 443-3456; Mill Creek Cinema 839-3456; Minor Theatre (707) 822-3456.

Cancer and Me

By Barry Evans
fieldnotes@northcoastjournal.com



Getting ready for the first chemo infusions via my newly inserted subdermal "port-a-cath" that leads directly to my heart via the superior vena cava. *Courtesy of Barry Evans*

"Congratulations!"
"Er, thanks — what for?"
"For beating cancer!"

Congratulations are certainly due but not to me. I was just the patient; all I had to do was be on time for my many medical appointments, follow my oncologist's instructions and avoid crowds following my chemo infusions while my immune system was recovering. The real heroes are the pioneers who, some 30 years ago, figured out which cancers respond best to which treatments involving IV infusions. ("Not poisons," I was gently reminded on my first visit to the chemo ward, "We don't use that word here.")

I lucked out big time. What originally was thought to be an infected mouth ulcer turned out to be large B-cell lymphoma. That was found in the biopsy recommended by another hero, a physician's assistant at Open Door Community Health Center who was suspicious of my original diagnosis. A PET scan followed, confirming lymphoma both in my jaw and trachea. Three chemo treatments and several months later, a follow-up PET scan recently gave me a clean bill of health.

While the literature is full of militaristic terms when it comes to cancer — we battle it, it's the enemy, if treatment succeeds, we've won a victory — I find it hard to think of my cancer in such terms. After all (with a few viral exceptions), our own bodies create cancer with no outside assistance. Each second, some four million cells in my body divide to create two identical copies of themselves. Mostly identical. Nothing's perfect and sometimes — fortunately for us — a mutation occurs. Fortunately because without mutations, life would still be stuck as it began on Earth. But because some copies are mutations slightly better adapted to their environment, they have the edge over their non-mutated siblings when it comes to reproduction and survival: Darwinian evolution. And here we are, 4 billion years later.

Along with mutations leading to more complex forms of life (good, from our POV), mutations also result in abnormal cells that having the potential to invade and spread to other parts of the body (bad). Cancer cells are different from normal cells. While normal cells obey certain rules — they need to be "told" when to copy themselves and when to die off — cancer cells are rogue desperados, subject to no laws but their own.

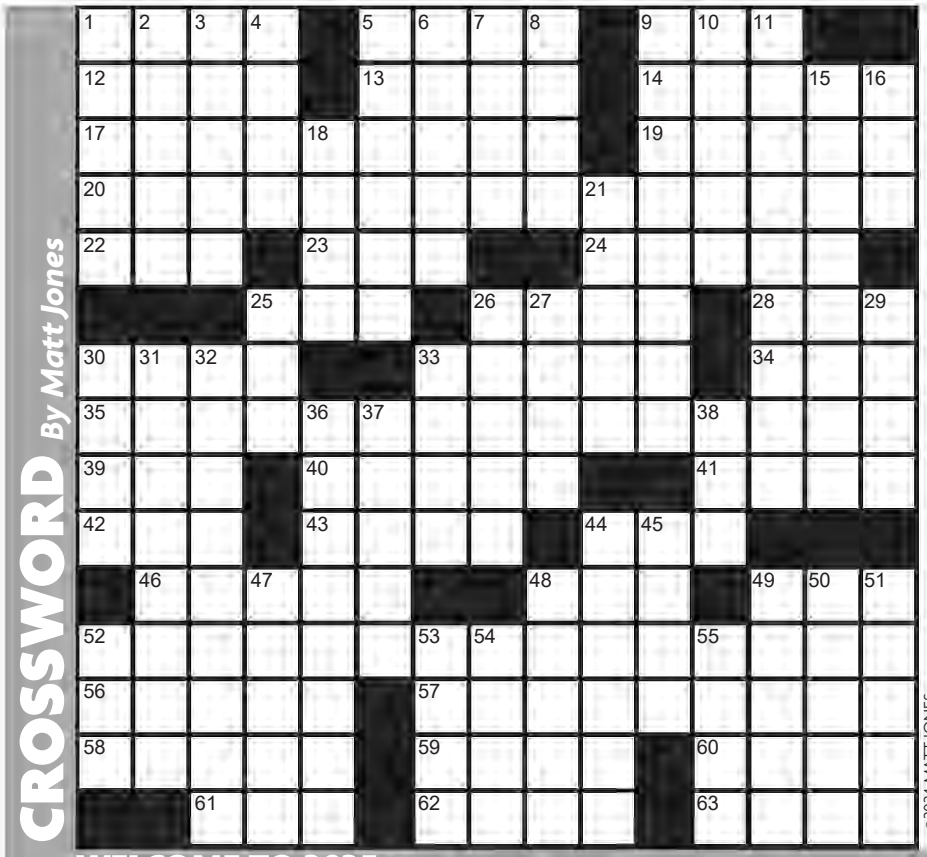
Chemotherapy takes advantage of these differences, in particular the fact that cancer cells divide much more frequently than normal cells, which is how they can spread uncontrollably. Because both normal and cancerous cells are most vulnerable when they're in the process of dividing, most chemotherapy drugs work by disrupting cells during this part of their life cycle. (Other less potent chemo drugs kill the cancer cells directly.)

Since chemotherapy drugs can't tell the difference between normal (healthy) cells and cancer cells, the treatment also damages normal cells, causing side effects such as fatigue and nausea. But while normal cells recover over time, the more vulnerable cancer cells don't. That's the theory, anyway. The trick with chemo is finding the balance between killing cancer cells and sparing normal cells.

In my case, I received a tried-and-true chemo cocktail known by the acronym B-CHOP, with each batch of infusions taking five to seven hours in Providence St. Joseph Hospital cancer wing. While the hospital has been getting a bad rap in our local media lately over Providence's abortion policy, I can't say enough about the care I received from my oncologist and the staff in the hospital's oncology department. I'll be under surveillance for several years, with regular PET scans to check for a return of the lymphoma, but for now I'm one of the many post-cancer patients who can thank modern medicine for resetting my body back to "healthy." ●

Barry Evans (he/him, barryevans9@yahoo.com) was told by his oncologist that his only real risk factor was his age, 82. Apparently, that's considered "old."

CROSSWORD By Matt Jones



WELCOME TO 2025

ANSWERS NEXT WEEK!

©2024 MATT JONES

ACROSS

1. Short but not sweet
5. Heavenly ring
9. Nice name?
12. Miami University location
13. Dry as a bone
14. Totally mad
17. Country that's officially the "Most Serene Republic"
19. Former small iPods
20. MM
22. Stadium cheer
23. The whole thing
24. "No Hard Feelings" band The ___ Brothers
25. Initials for home projects
26. Band known for elaborate videos
28. Thurston Howell ___ of "Gilligan's Island"
30. Segment between "Eat" and "Love"
33. Bird warble
34. Voice actor Blanc
35. XX
39. ___ carte
40. "The Jungle" novelist Sinclair
41. "American Fiction" actress Rae
42. 35mm camera initials
43. "Luck ___ my side"
44. Animation collectible
46. Arizona State University locale
48. Title bestowed on Stephen Fry in 2025
49. On vacation
52. V
56. No longer minor
57. 2013 disaster film portmanteau
58. "The Color Purple" protagonist
59. "Dallas Buyers Club" Oscar winner Jared
60. Of majestic proportions
61. Road repair stuff
62. Wilson of "Cars"
63. "Peter Pan" pixie nickname

DOWN

1. Cocktail with cranberry juice, informally
2. Moving van rental company
3. Hair care product
4. "Children of Blood and Bone" author Adeyemi
5. "Not even!"
6. "Part of Your World" singer
7. Suffix for Earth or finger
8. Air freshener target
9. Battery for smoke detectors
10. Deliver a lecture
11. Not just once
15. Places for big-name players
16. Point opposite WNW
18. Smoothie superfruit
21. Bird on a quarter
25. Color-changing substance
26. "Citizen Kane" director Welles
27. Potter's furnace
29. "Casablanca" character
30. '90s handhelds
31. University of Alabama cheer
32. Subsequently
33. Member of the Jackson 5
36. One with a way with words
37. Peeved
38. "Don't Stop ___ You Get Enough"
44. Fruit resembling a lemon
45. "CHiPs" costar Estrada
47. Presidential daughter of the 2010s
48. Play in the NHL
49. Giraffe's stripey relative
50. Supplied, as computer data
51. Monk's outfit
52. Car wash appliance, for short
53. Main port of Norway
54. Masticate
55. Tech news site once owned by CBS

LAST WEEK'S ANSWERS TO THE BEST OF 2024

sudoku © Puzzles by Pappocom — MEDIUM #76

www.sudoku.com

		2	1	9			3	
		4			5	1		2
				8				
		7				8		
5	9		6		3		1	4
		6				2		
				1				
2		1	9			6		
	4			3	8	5		

WORKSHOPS & CLASSES

List your class – just $5 per line per issue! Deadline: Friday, 5pm.

Place your online ad at **classified.northcoastjournal.com**
or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Dance/Music/Theater/Film

STRING & WIND MUSIC INSTRUCTION WITH ROB DIGGINS Private lessons, coaching, etc., for kids & adults. All levels. Most styles. Violin, Fiddle, Viola, Electric Violectra, SynthViolectra, Trumpet, Cornet, Guitar (acoustic & electric). In-person and/or, online. Near Arcata/Eureka airport. $80/hr, $60/45min, $40/30min. (707) 845-1788 forestviolinyogi108@gmail.com

SINGING/PIANO LESSONS International classically trained artist available for private lessons. Studio in Eureka. (707) 601-6608 lailakhaleeli@libero.it

50 and Better

TAKE A CLASS WITH OLLI New! Registration for OLLI classes close 3 business days before the class start date. Anyone can take an OLLI class. Join OLLI today and get the member discount on classes. Non-members ad $25 to the class fee listed. humboldt.edu/olli/classes

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844-442-0711.

PROBLEMS WITH FOOD? oanorthcoast.org

SEX/PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-499-6928

Vocational

40 HR. WILDLAND FIRE - March 17-21. Call College of the Redwoods Adult & Community Education at (707) 476-4500.

ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/4916/Additional-Online-Classes

FREE ENGLISH AS A SECOND LANGUAGE CLASSES Call College of the Redwoods Adult & Community Education, 707-476-4500 for more information

FREE GETTING STARTED WITH COMPUTERS CLASSES! Call College of the Redwoods Adult & Community Education, 707-476-4500 for more information.

FREE HIGH SCHOOL DIPLOMA HISET PREPARATION CLASSES! Call College of the Redwoods Adult & Community Education, 707-476-4500 for more information

FREE WORK READINESS CLASSES! College of the Redwoods Adult & Community Education, 707-476-4500 for more

HOME INSPECTOR TRAINING PROGRAM - AVAILABLE NOW! Call College of the Redwoods Adult & Community Education at (707) 476-4500.

MEDICAL BILLING AND CODING SPECIALIST - SPRING 2025 PROGRAM- Information meeting Tues. March 18th at 6pm. Registration now open! Call College of the Redwoods Adult & Community Education at (707) 476-4500.

NOTARY PUBLIC - February 7, 2025. Call College of the Redwoods Adult & Community Education at (707) 476-4500.

PHARMACY TECHNICIAN SPRING 2025 PROGRAM- Information meeting Sat. March 15th at 10am. Registration now open! Call College of the Redwoods Adult & Community Education at (707) 476-4500.

SEEKING PART-TIME ASSOCIATE FACULTY IN THE AREAS OF: Communicating in American Sign Language, English as a Second Language (Del Norte), and Medical Assisting (Del Norte). Visit https://employment.redwoods.edu for more information

YOUR CLASS HERE

442-1400 ×314
classified@
northcoastjournal.com

LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF Grace Cates, aka Grace L. Cates, aka Grace Louise Cates
CASE NO. PR2500010

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Grace Cates, aka Grace L. Cates, aka Grace Louise Cates

A PETITION FOR PROBATE has been filed by Petitioner, Sharon Rogers In the Superior Court of California, County of Humboldt. The petition for probate requests that Sharon Rogers be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 6, 2025 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4

For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
James J. Aste
Law Office of James J. Aste
PO Box 307
Ferndale, CA 95536
(707) 786-4476

1/16, 1/23, 1/30 (25-021)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at auction by competitive bidding on the 22nd of January, 2025, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage. Arcata and McKinleyville auctions are online at www.StorageAuctions.com. The online auction begins 01/09/25 at 8AM and will end 01/22/25 at 8AM.

The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Redwood Electronics, Space #5034
Kyli Howard, Space #5043
Margaret Holverson, Space #5067
Michelle Lockett, Space #5268
Laura Gray, Space #5401
Lobelia Jennings, Space #5408
Anna Sparer, Space #5420

The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Carol Martinez, Space #2016
Sandra Lamoreaux, Space #2109
Patricia Zito, Space #3103
Mark Andersen, Space #3203

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

John Malone, Space #1198
Eric Owsley, Space #1369
Ric Sidebottom, Space #1526
Christopher Wilson, Space #1591
Stephanie Springs, Space #1739

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Dorsey Knowles, Space #176
Ric Sidebottom, Space #194
Michael Godecki, Space #275
Dan Conant, Space #286

ADVERTISEMENT FOR BIDS

Wiyot Tribe
1000 Wiyot Dr.
Loleta, Humboldt County, CA 95551

The Wiyot Tribe is currently advertising for contractor bids regarding its "Butte Creek Fish Barrier Replacement Design" project. Bids will be received by hand or by mail until 2:00 PM PDT, February 13th, 2025, at the Wiyot Tribe Tribal Office at 1000 Wiyot Drive Loleta, CA 95551.

Bids may be delivered to the Wiyot Tribe:

By Hand: Wiyot Tribe Tribal Office
Attn: Marisa McGrew
1000 Wiyot Drive
Loleta, CA 95551

By Mail: Wiyot Tribe Tribal Office
Attn: Marisa McGrew
1000 Wiyot Drive
Loleta, CA 95551

Bids received after 2:00 pm PDT on February 13th, 2025, will not be considered. The Bidder is solely

responsible for delivery of their bid. All potential questions must be asked one week prior to the bid proposal deadline (February 6th, 2025). Questions asked after this date will not be responded to prior to the proposal deadline.

Requests for non-mandatory site visits should be emailed to marisa@wiyot.us.

The work associated with this project consists of furnishing all labor, material, equipment, testing, and supervision for design alternatives within the Bureau of Land Management.

Contractors may obtain an electronic copy of the REQUEST FOR PROPOSAL for no cost by emailing marisa@wiyot.us and requesting "Butte Creek Fish Barrier Replacement Design" REQUEST FOR PROPOSAL. The REQUEST FOR PROPOSAL is also available at https://www.wiyot.us/bids.aspx Contactors are encouraged to carefully read Section 3 Contractor Requirements and Section 9 Contractor Requirements.

Marisa McGrew
Fisheries & Natural Resources Specialist
Wiyot Tribe Shawir Darrudaluduk

Dan Conant, Space #289
Denise Alora-Landry, Space #358
Valerie Knudtson, Space #402
Dennis Turnbull, Space #406
Samuel Tucker, Space #424
Craig Smith, Space #477 (in Co. Unit)
Mitchell McGrath, Space #587
Kera Diaz, Space #722
Rachael Cortez, Space #830

The following spaces are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 9th, 2025 and ends January 22nd, 2025 at 8AM.

Levi Landeros, Space #2114
Keith Ervin, Space #3123
Breanne Beeman, Space #5132
Jason Davis, Space #6208
Andrew Aragon, Space #8216
Adam Sundberg, Space #9102
Jennifer Giordano, Space #9118

The following spaces are located at 2394 Central Avenue McKinleyville CA, County of Humboldt and will be sold online at www.StorageAuctions.com Bidding begins January 9th, 2025 and ends January 22nd, 2025 at 8AM.

Luke Black, Space #9282
Christopher Reed, Space #9404

The following spaces are located at 180 F Street Arcata CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 9th, 2025 and ends January 22nd, 2025 at 8AM.

Matthew Zopfi, Space #4435
Jack DeCorso, Space #6119
Juliette Loesch Minault, Space #6137
Manuel Morales, Space #6139

The following spaces are located at 940 G Street Arcata CA, County of Humboldt and will be sold online at www.StorageAuctions.com Bidding begins January 9th, 2025 and ends January 22nd, 2025 at 8AM.

Linvell Williamson, Space #6339

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451. Purchases must be paid for at the time of the sale in cash only. Online Bidders will pay 10% with a card online, and 90% in cash in the office, plus a $100 deposit. Storageauction.com requires a 15% buyers fee on their website. All pre-qualified live Bidders must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever.
Auctioneer: Nicole Pettit, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 9th day of January, 2025 and 16th day of January, 2025
(25-008)

FICTITIOUS BUSINESS NAME STATEMENT 24-00619

The following person is doing Business as
Redhead Handicrafts

Humboldt
2029 Williams St
Eureka, CA 95501

Joann G Taijala
2029 Williams St
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 11/23/2024.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Joann G Taijala, Owner
This November 25, 2024
by JR, Deputy Clerk

1/2, 1/9, 1/16, 1/23 (25-002)

FICTITIOUS BUSINESS NAME STATEMENT 24-00625

The following person is doing Business as
Humboldt RV Rentals

Humboldt
1450 Marty Ave
McKinleyville, CA 95519

Evan M Schwartz
1450 Marty Ave
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 12/3/24.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Evan Schwartz, Owner
This December 3, 2024
by JR, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-013)

FICTITIOUS BUSINESS NAME STATEMENT 24-00627

The following person is doing Business as
SRS Construction Services/SRS Construction

Humboldt
1010 7th Street
Eureka, CA 95501
5451 Industrial Way
Benicia, CA 94510

Sharjo, LLC
California 1509470
5451 Industrial Way
Benicia, Ca 94510

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on 10/25/2022.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Francisco Vega, Manager
This December 3, 2024
by JR, Deputy Clerk

1/2, 1/9, 1/16, 1/23 (25-006)

LEGALS?
classified@northcoastjournal.com
442-1400 ×314

CITY OF FORTUNA
NOTICE OF ADOPTION

NOTICE IS HEREBY GIVEN that on January 6, 2025; the City Council of the City of Fortuna adopted the following ordinance:

ORDINANCE 2024-769

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF FORTUNA TO AMEND FORTUNA MUNICIPAL CODE TITLE 17, ZONING REGULATIONS TO ADD CHAPTER 17.10, REASONABLE ACCOMMODATIONS POLICY AND PROCEDURES, AND FIND THE AMENDMENT TO BE EXEMPT FROM ADDITIONAL CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA) REVIEW UNDER CEQA GUIDELINES SECTION 15162, AND 15061(B)(3).

SECOND READING PERFORMED AND ADOPTED on the 6th day of January, 2025 by the following vote:

AYES: Council Member Conley, King, Mayor Pro Tem Trent, Mayor Johnson
NAYS: None
ABSENT: Council Member Mobley
ABSTAIN: None

Copies of the full Ordinance are available for public inspection and review in the office of the City Clerk at 621 - 11th Street, Fortuna, California.

This notice is given in accordance with Section 36933 of the Government Code of the State of California. This section allows a summary of the Ordinance to be printed.

Ashley Chambers, Deputy City Clerk
Posted: 1/16/2025

CITY OF FORTUNA
NOTICE OF ADOPTION

NOTICE IS HEREBY GIVEN that on January 6, 2025; the City Council of the City of Fortuna adopted the following ordinance:

ORDINANCE 2024-772

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF FORTUNA ADOPTING AMENDMENTS TO FORTUNA MUNICIPAL CODE TITLE 17, ZONING REGULATIONS REGARDING SINGLE-ROOM OCCUPANCY FACILITIES (AMENDMENTS) AND FINDING THE AMENDMENTS TO BE EXEMPT FROM ADDITIONAL CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA) REVIEW UNDER CEQA GUIDELINES SECTIONS 15162 AND 15061(b)(3).

SECOND READING PERFORMED AND ADOPTED on the 6th day of January, 2025 by the following vote:

AYES: Council Member Conley, King, Mayor Pro Tem Trent, Mayor Johnson
NAYS: None
ABSENT: Council Member Mobley
ABSTAIN: None

Copies of the full Ordinance are available for public inspection and review in the office of the City Clerk at 621 - 11th Street, Fortuna, California.

This notice is given in accordance with Section 36933 of the Government Code of the State of California. This section allows a summary of the Ordinance to be printed.

Ashley Chambers, Deputy City Clerk
Posted: 1/16/2025

REQUEST FOR QUALIFICATIONS:

Engineering Services, Grant Writing Services, and Project Management Services.

Project Title: Redwood Park CSD Infrastructure and Water Tank Upgrade and Replacement Project,

REPLY REQUESTED NO LATER THAN 3:00 p.m. PST on February 28, 2025.

NOTICE IS HEREBY GIVEN THAT THE Board of Directors of the Redwood Park CSD (RPCSD), hereinafter referred to as "RPCSD", is accepting Statement of Qualifications (SOQs) from qualified individuals and/or firms to provide engineering services on an as-needed basis. This work can include but is not necessarily limited to planning, design, bidding and construction management, design of water quality best management practices, grant writing projects, designing and or managing projects funded by grants.

SOQ PACKAGE REQUIREMENTS

1. Cover Letter. All SOQ packages must include a cover letter, sent to the attention of Louisa Gaboni, Chairman of the Board, and signed by a person legally authorized person to act on behalf of the firm. At a minimum, the cover letter must include the following items:
   a. The firm name.
   b. The names of local partners/principals and the number of local personnel.
   c. Address, telephone, and FAX numbers of the firm.
   d. Contact information, including an email address, of the person(s) who are authorized to represent the proposer
2. References. All SOQ packages must include the following information related to the references and qualifications relative to the scope of work associated with this SOQ.
   a. List of California local government jurisdictions your firm is currently providing engineering services for or has provided engineering services for within the last five (5) years. References must include a point person and contact information.

MINIMUM QUALIFICATION

(Proposer must meet the following minimum requirements):

1. Must be a licensed civil engineer in the State of California and meet the requirements of the California State Water Board.

THE SCOPE OF WORK

This list provides typical examples of work to be assigned. RPCSD projects could include:

a) Remove and replace (R/R) the 60,000-gallon redwood water tank with a 150,000 gallon metal water tank.
b) R/R One 3" submersible 15 hp 230v well pump .
c) Install security fencing around the Water Treatment Facility. (60"x100")
d) R/R ¾ mile of 8" water main (AC)
e) R/R ½ mile of 6" water main (AC)
f) R/R 1000 lf of 4" water main (AC)
g) R/R 6 Dry Barrel Hydrants (6")
h) R/R Angle Valve (3/4 copper)
i) R/R Meters (3/4")
j) R/R a Corp Stop
k) R/R the Water plant building roof
l) Install new electrical meter base, main breaker box and generator transfer switch at the Water plant.
m) Install a new electrical meter base, disconnect switch and automatic transfer switch at the lift station.
n) Provide Planning services for water distribution of RPCSD Water System.

Anticipated work and/or projects could include, but not limited to:
Project management of all phases of the project

- On-call consulting for various RPCSD infrastructure systems and policies.
- Grant writing.
- As necessary, attend RPCSD meetings, public hearings and conferences with funding and regulatory agencies.

Schedule and Deadline

Deadline for Additional Information Requests – 2/28/2024
Response to Additional Information Requests – 2/28/2024,end of business day
SOQ Package due – (02/28/2025) by 3 p.m. PST

Please note that for a more complete and detailed Request for Qualifications contact us at 707-954-6659 or 707-265-0981

FICTITIOUS BUSINESS NAME STATEMENT 24-00651

The following person is doing Business as
Ashram Farms

Humboldt
4195 Old Briceland Rd
Garberville, CA 95542

Edward R Lambley
4195 Old Briceland Rd
Garberville, CA 95542

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 12/13/24.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s E.R. Lambley, Owner
This December 13, 2024
by JC, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-010)

FICTITIOUS BUSINESS NAME STATEMENT 24-00656

The following person is doing Business as
Axiom Atikos

Humboldt
960 10th St
Fortuna, CA 95540

Carlos E. Bowden
960 10th St.
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on na.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Carlos E. Bowden, Owner
This December 18, 2024
by SG, Deputy Clerk

12/26, 1/2, 1/9, 1/16 (24-474)

FICTITIOUS BUSINESS NAME STATEMENT 24-00657

The following person is doing Business as
Sprout Watchers

Humboldt
1928 Central Ave, Box 148
McKinleyville, CA 95519

Sprout Watchers LLC
CA 202463418291
1928 Central Ave, Box 148
McKinleyville, CA 95519

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on 12/16/2024.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s River Qiriazi, Managing Member
This December 17, 2024
by SC, Deputy Clerk

1/2, 1/9, 1/16, 1/23 (25-004)

LEGALS?
442-1400 ×314

NOTICE TO BIDDERS

The Humboldt County Office of Education will receive bids for 4 vehicles. Bid packages listing specifications may be obtained from Hana Hanawalt at the Humboldt County Office of Education located at 901 Myrtle Avenue, Eureka, CA 95501. Bid forms and pictures can also be found at https://hcoe.org/bids/.

Bids shall be sealed and delivered via email, mail or hand delivery to purchasing@hcoe.org, or the Humboldt County Office of Education, 901 Myrtle Ave, Eureka, CA, on or before 3:00 p.m. Friday, January 31, 2025. Bids will be publicly opened and read aloud at that time. It is anticipated that the bid will be awarded at the February 12, 2025 Board of Education meeting.

The Humboldt County Office of Education reserves the right to reject any or all bids or to waive any irregularities or informalities in the bids or in the bidding process, and to be the sole judge of the merit and suitability of merchandise offered.

All bidders may not withdraw their bid for a period of thirty (30) days after the date set for the opening of bids.

Michael Davies-Hughes
Humboldt County Superintendent of Schools

FICTITIOUS BUSINESS NAME STATEMENT 24-00659

The following person is doing Business as
Northwest Motor Wholesale

Humboldt
321 X St
Eureka, CA 95501

Jolian Kangas
321 X St
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 4/15/2015.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Jolian Kangas, Owner
This December 17, 2024
by JR, Deputy Clerk

1/16, 1/23, 1/30, 2/6 (25-022)

FICTITIOUS BUSINESS NAME STATEMENT 24-00661

The following person is doing Business as
Shining Sound Healing

Humboldt
735 12th Street
Arcata, CA 95521
1050 Boss Road
McKinleyville, CA 95519

Samantha K Peters
735 12th Street
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on na.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Samantha Peters, Sole Proprietor
This December 18, 2024
by SC, Deputy Clerk

12/26, 1/2, 1/9, 1/16 (24-471)

FICTITIOUS BUSINESS NAME STATEMENT 24-00662

The following person is doing Business as
Whisker City Boarding

Humboldt
1257 Riverwalk Dr
Fortuna, CA 95540

Phillip T Mincks
1257 Riverwalk Dr
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Phillip T. Mincks, Owner
This December 18, 2024
by JR, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-011)

FICTITIOUS BUSINESS NAME STATEMENT 24-00666

The following person is doing Business as
By Nieves

Humboldt
308 2nd St
Eureka, CA 95501

Nieves Rathbun
308 2nd St
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 6/20/2007.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Nieves Rathbun, Owner
This December 16, 2024
by JR, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-009)

FICTITIOUS BUSINESS NAME STATEMENT 24-00667

The following person is doing Business as
Lotta

Humboldt
6287 Hwy 36
Carlotta, CA 95528
427 F Street Suite 219
Eureka, CA 95501

Carlotta Gardens LLC
CA 201731710349
6287 Hwy 36
Carlotta, CA 95528

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on na.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Irene Levi, Managing Member
This December 18, 2024
by SC, Deputy Clerk

12/26, 1/2, 1/9, 1/16 (24-476)

FICTITIOUS BUSINESS NAME STATEMENT 24-00669

The following person is doing Business as
Qi Dragon Healing Center

Humboldt
2831 E Street
Eureka, CA 95501

Liping Zhu
2831 E Street
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 04/15/2019.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Liping Zhu, Sole Proprietor
This December 21, 2024
by SG, Deputy Clerk

1/2, 1/9, 1/16, 1/23 (25-005)

FICTITIOUS BUSINESS NAME STATEMENT 24-00670

The following person is doing Business as
Cocina Mariposa

Humboldt
4750 Fairway Dr
Eureka, CA 95503

Marisela Carillo Salas
4750 Fairway Dr
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Marisela Carrillo Salas, Owner
This December 23, 2024
by JR, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-014)

FICTITIOUS BUSINESS NAME STATEMENT 24-00678
The following person is doing Business as
Nancy's Cleaning and Services

Humboldt
399 Tanglewood Rd
Arcata, CA 95521

Marisol Hoyos Hoyos
399 Tanglewood Rd
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 12/31/2024.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Marisol Hoyos Hoyos, Owner
This December 31, 2024
by SG, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-007)

FICTITIOUS BUSINESS NAME STATEMENT 25-00009
The following person is doing Business as
Mad Monkey Designs

Humboldt
1066 Dylan Ct Apt B
McKinleyville, CA 95519

Anthony R Lucero
1066 Dylan Ct Apt
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 3/1/24.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Anthony R Lucero, Owner
This January 6, 2025
by JR, Deputy Clerk

1/9, 1/16, 1/23, 1/30 (25-012)

FICTITIOUS BUSINESS NAME STATEMENT 25-00015
The following person is doing Business as
Uplift Imagery

Humboldt
1680 Ocean Drive
McKinleyville, Ca 95519

Samuel M Dibble
1680 Ocean Drive
McKinleyville, Ca 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 1/7/25.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Samuel M Dibble, Owner
This January 7, 2025
by SG, Deputy Clerk

1/16, 1/23, 1/30, 2/6 (25-016)

FICTITIOUS BUSINESS NAME STATEMENT 25-00023
The following person is doing Business as
Primetime Processing

Humboldt
2476 Cherry Ct
Eureka, CA 95503

JMFMFN LLC
CA 202565213337
2476 Cherry Ct
Eureka, CA 95503

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Manda Nakoa Flores, Owner/ Sole Member
This January 10, 2025
by JC, Deputy Clerk

1/16, 1/23, 1/30, 2/6 (25-019)

Gary David Noar

Sept 20, 1958 - December 06, 2024

In Loving Memory of Gary David Noar

Gary Noar, age 66, of Trinidad, CA, passed away from complications of kidney cancer & pulmonary embolism on December 06, 2024. Gary was an adventurous spirit and avid hiker. He loved motorcycles and exploring the great outdoors.

Gary was a loyal friend, brother and uncle, and was a loving pet-parent to his cat Max aka Maxine aka "Not My Cat".

A memorial service to celebrate Gary Noar's life will be held on 1/19/2025, 1PM at Trinidad Town Hall, Trinidad California. Friends and family are invited to join in remembrance and support.

Gary Noar was born in Lynwood, California in 1958. He graduated from Bellflower High School in 1976. He moved from Southern California up to the Trinidad area around 1983.

Gary graduated from Cal State Humboldt with a B.S. in Computer Information Systems in 1998. Due to a lack of jobs locally, he moved to Alaska about a year later to work at a university in their I.T. department.

Around 2002, Gary got an I.T. job at Cal State Humboldt, and worked there until he retired in 2023.

We are very thankful that the good Lord blessed Gary with an extra 18 months of life beyond the original cancer prognosis.

We appreciated his sense of humor and the way he heartily laughed at jokes. We deeply miss Gary - and will always remember his kindness and thoughtful ways.

WIYOT TRIBE IS HIRING

Wanna join our team?

- Da Gou Rou Louwi' Cultural Center Youth Development Supervisor
- Da Gou Rou Louwi' Cultural Center Youth Docents
- Part Time Receptionist
- Solid Waste Technician
- Forest Specialist

For application, job description and additional information contact Wiyot Tribe Human Resources online at: https://www.wiyot.us/Jobs.aspx or email humanresources@wiyot.us

Resumes and CVs are not accepted without a signed application. Positions are open until filled. Native preference applies to Native American applicants under section 7(b) of Public Law 93-638.

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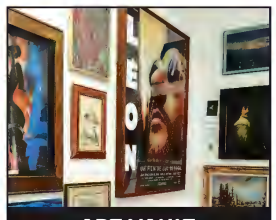

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707.498.6364

Mike Willcutt
Realtor
BRE # 02084041
916.798.2107

Tyla Miller
Realtor
BRE 1919487
707.362.6504

Zipporah Kilgore
Realtor
BRE #02188512
707.497.7859

Rita Clair
Realtor
BRE #02240388
707.498.8606

Makinzi Nichols
Realtor
BRE #02239017
707.497.7335

Shannon McKinnon
Realtor
BRE #01934408
707.499-2335

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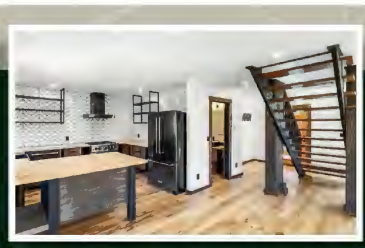

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4774 ASTER AVENUE, MCKINLEYVILLE
$799,000

Nestled on a serene, almost one acre lot, this charming 3 bedroom, 2.5 bathroom home beautifully balances modern updates with classic country appeal. The flat, usable ground surrounding the home provides plenty of opportunities for outdoor activities, animals and gardening. Step inside to discover a tastefully updated interior, where contemporary design elements seamlessly blend with rural charm. The open concept living area is perfect for gatherings, while the well appointed kitchen boasts modern appliances and stylish finishes. Enjoy the privacy of being at the end of the road, surrounded by nature, with Six Rivers National Forest bordering the property on one side.

494 GOLDEN GATE DRIVE, CARLOTTA
$399,000

This affordable 3 bedroom, 2 bath home has an appealing floor plan with great functionality. The flat country acre has open skies with panoramic views, great gardening opportunities, and is a short stroll from the Van Duzen River!

3821 SOUTH FORK ROAD, SALYER
$350,000

Stunning ±50 acre property just a stone's throw from the South Fork of the Trinity River. Located with easy access on a paved County road, this parcel features expansive open meadows, picturesque oak trees, and scattered firs throughout. With plenty of flat, usable space, it's ideal for building your dream home, ranch, or getaway retreat. A serene creek flows through the property, adding to its charm, while power is already running through the land for your convenience.

6099 FOREST SERVICE ROUTE 6N06, WILLOW CREEK
$449,000

Escape to your own private, riverfront sanctuary with this stunning ±69 acre off-grid property! The property boasts a private sandy beach, large multi-acre flats, outdoor kitchen, and a cozy 2 /1 home. Additional features include multiple shops for storage or projects, and six hoop houses, making this property a great option for those interested in gardening or small-scale farming. Whether you're seeking a self-sufficient lifestyle or a peaceful retreat, this unique off-grid property offers endless possibilities in a breathtaking setting.

2027 SUNSET RIDGE ROAD, BLOCKSBURG
$299,000

Premium hunting property boasting a newly drilled well end of the road privacy and beautiful rolling meadows. The 1,000 sq. ft. open concept cabin with a full bathroom and loft was just completed last year with new electric, septic, and a large deck with stunning views. Plenty of space for gardening, animals, and great solar energy potential! Cannabis permit for 10k sq.ft. can be included in sale.

2090 VAN DUZEN ROAD, RUTH LAKE
$215,000

Located on the banks of the Van Duzen River, this flat and very usable almost 29-acre parcel is ready for you to build your dream homestead on the river. Featuring a mix of large trees and wide-open flats, this property has all the room you'll need for your equipment, toys, and livestock and is only 20 minutes from Ruth Lake. Enjoy the serenity of river life, your own private swimming hole, and the sunny warm weather of Trinity County.

20 W 3RD STREET, EUREKA
$400,000

Vacant, industrial zoned property located just one block from Highway 101 and two blocks from Old Town Eureka, easily accessible location near the bay. These are two adjoined lots available to merge. This property qualifies for application for a commercial cannabis license.

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